

Count your blessings

A time to give thanks and pray for others by counting the blessings God has given you

Lent is a time to consider how balanced our lives are, sometimes by fasting or giving something up – a chance to get things in perspective.

Counting the blessings we have is a great way to regain this balance, and this year we're focusing again on Mothers' Union's Family Life work in Uganda.

The Family Life Programme is such a wonderful example of helping people to reassess their lives and change small things – their diet, household or finances. Often in the face of serious poverty, this process can help people get themselves standing on their own two feet. Families and communities are being changed for the better in Uganda.

We hope that each day the ideas will help you focus on what you do have. The ideas are just suggestions – please do not feel that you have to give everything that is asked.

A gift, however small, will make a difference

By taking part and giving what you can, we will all be joined together in prayer, reflection and in supporting Mothers' Union's work in Uganda.



22 Ash Wednesday February

Count how far it is to your nearest doctors' surgery. Thank God for access to free health care. Give 5p for every mile.

AMOUNT: _____

23 Thursday February

A school dinner costs around £1.50. Some families in Uganda can only dream of giving their children a hot meal each day. Pray for families who are struggling to feed their children.

24 Friday February

What do you use your garden for? In Uganda, gardens are used to grow food and crops to eat and provide an income. Give 25p in thanks for your garden or local park.

AMOUNT: _____

25 Saturday February

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.

AMOUNT: _____

26 Sunday February

Count the number of churches in your local area. Thank God that we live in a country where we can worship freely. Pray for those who are persecuted for their faith.

27 Monday February

Thank God for central heating. Pneumonia threatens young children in Uganda's mountainous climate. Give 25p in thanks for warmth. Pray for children in Uganda.

AMOUNT: _____

28 Tuesday February

How many phone calls do you make each day? Give 10p for each one. Mothers' Union help trainers with their phone costs so they can contact other trainers for advice and support.

AMOUNT: _____



29 Wednesday February

Count the number of people in your community who need support and care. The Family Life Programme brings communities together. What can you do over Lent to support someone you know?

1 Thursday March

Count how many items in your kitchen are made from grain. Mothers' Union helps Ugandan communities start growing varied crops. Give 2p for each one. Pray for their crops.

AMOUNT:

2 Friday March

Today is Women's World Day of Prayer. Take time to pray for Mothers' Union's 4 million members across the world.



3 Saturday March

Count the number of times you use the internet today. Thank God you can know what's going on in the world. Give 10p for each time.

AMOUNT:

4 Sunday March

Count your sinks and toilets. Give 20p for each. In Uganda, improved sanitation really does save lives.

AMOUNT:

5 Monday March

Count the dairy products in your fridge. Cows and goats are a vital source of protein and income for a Ugandan family. Give 10p for each item.

AMOUNT:

6 Tuesday March

How many windows are there in your house? Thank God for a safe and secure home. Give 10p for each window you have.

AMOUNT:



7 Wednesday March

Count the clocks in your house? Give thanks for the ability to tell the time. Give 5p per clock.

AMOUNT:

8 Thursday March

Mothers' Union supports family life. Thank God for the work of Mothers' Union in your local area and pray for any specific needs.

9 Friday March

Count how many times you have visited the doctor or nurse over the past year. Give 10p for each. 1 in 10 Ugandan babies still don't get vaccinations. Ask God for better healthcare for them.

AMOUNT:

10 Saturday March

Count your bedrooms. Many Ugandan families live in just one room. Give 10p for every bedroom.

AMOUNT:

11 Sunday March

Count the members of your family. There are an estimated 1.2 million HIV/AIDS orphans in Uganda. Give 10p for every family member. Pray for HIV/AIDS orphans.

AMOUNT:

12 Monday March

How long is your garden? Mothers' Union's Family Life Programme helps communities grow their own vegetables – every metre is precious. Give 10p for each metre and pray for their gardens to flourish.

AMOUNT:



13 Tuesday March

Count the number of bibles you own. Thank God that you can read the Bible. Give 5p for each bible.

AMOUNT:

14 Wednesday March

How many children were in your class at school? Give 2p for each. Pray that Ugandan children may soon all have the benefit of education.

AMOUNT:

15 Thursday March

Count the number of supermarkets in your local area. Give 10p for each. In Uganda women have to walk many miles to market and are dependent on the food they grow. Thank God for access to food.

AMOUNT: _____

16 Friday March

How many church services does your church have each week? Thank God that we can worship openly and pray for those who are not able to do so.

17 Saturday March

What did you do to relax today? Thank God for the time to go for a walk, read or watch television. Give 25p in thanks.

AMOUNT: _____



18 Mothering Sunday March

Give a coin and take some time to think of your growing-up, with or away from your mother. Thank God for how it has formed you.

AMOUNT: _____

19 Monday March

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

AMOUNT: _____

20 Tuesday March

Count the items in your fridge. In Uganda they are looking at how they can improve food storage to make food last longer. Give 2p for every item. Thank God that we can store our food.

AMOUNT: _____

21 Wednesday March

How many different types of fruit and vegetables do you buy each week? Fruit trees are grown by some Mothers' Union Family Life groups to broaden their diet. Pray for them and give 2p for each type of fruit and vegetable you've counted.

AMOUNT: _____



22 Thursday March

How old were you when you read your first book? Education is something we take for granted but many children never learn to read. Why not consider volunteering to read in your local school?

23 Friday March

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

AMOUNT: _____

24 Saturday March

Count the number of times you will see your family in the coming months. Thank God for being able to see family and friends. Give 5p for every trip.

AMOUNT: _____

25 Sunday March

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

AMOUNT: _____

26 Monday March

Count your shoes. Give 5p per pair, and pray for Ugandan children who need shoes to go to school.

AMOUNT: _____

27 Tuesday March

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.

AMOUNT: _____



28 Wednesday March

How many miles did you travel this week? Pray for Mothers' Union workers who travel great distances to help remote communities. Give 2p per mile.

AMOUNT: _____

29 Thursday March

How many teachers did you have in primary school? Give thanks for all you've learnt, 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.

AMOUNT: _____

30 Friday March

Count the number of Easter eggs you are going to buy. Give 5p for each and thank God for the opportunity to give good gifts to our loved ones.

AMOUNT: _____

31 Saturday March

Try not using your car or public transport for a day. How much money did you save? In Uganda women walk many miles to fetch water or access basic health care.

AMOUNT: _____

1 Palm Sunday April

Count the coats on your coat hooks. Give 5p for each. Think of Jesus riding into Jerusalem, his way paved with people's cloaks.

AMOUNT: _____

2 Monday April

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

AMOUNT: _____

3 Tuesday April

Take ten minutes to sit and listen to all the sounds around you. What sounds would you be hearing if you were in Uganda?

4 Wednesday April

Give 5p for each Easter card you are planning to send this year.

AMOUNT: _____

5 Maundy Thursday April

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

AMOUNT: _____

6 Good Friday April

Take time to consider Jesus' way to the cross today. Sit by yourself and find somewhere quiet to do this.

7 Easter Saturday April

Make some space today to have some silence and wait on God. Thank God for all your blessings and think about what you have collected and what it will achieve for families in Uganda.

8 Easter Sunday April

Christ is risen! Alleluia. Thank God for Jesus. Give a final donation of your choice, if you wish. Thank God for all you have learnt over Lent.

Count your blessings

I have counted my blessings – here is my gift of £ _____ towards Mothers' Union's Family Life Programme.

Title _____ First name _____

Surname _____

Address _____

Town _____ Post code _____

Phone _____ Email _____

● I enclose a cheque made payable to 'Mothers' Union' for £ _____

● Or please debit my Maestro MasterCard Visa Delta card (please tick)

For the sum of £ _____

Card Number

Expiry date ____ / ____ Start date ____ / ____ Issue no. (Solo/Maestro)

Signature _____ Today's date _____

Please return this form to: Mothers' Union, Freepost LON822, Mary Sumner House, 24 Tufton Street, LONDON SW1P 377

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Please don't forget to make your gift worth 25% more – at no extra cost to you!

Please claim back the tax I have paid against all gifts made in the last four years and any future gifts I may make to Mothers' Union.

Please inform Mothers' Union if your address or tax status changes. You must pay an amount of Income Tax and/or Capital Gains Tax in each year at least equal to the tax Mothers' Union reclaims on your donation.

We would like to keep you up-to-date with the work of Mothers' Union. If you would not like to receive further information please tick here.

Mothers' UNION
Christian care for families

Registered charity No: 240531