

Living Hope Action Resource

Dear friend, we are so glad you have chosen our resource for your Lent focus. The action and prayer resource can be used side by side or separately. You can use it to begin the day, end the day, or as a focus for lunch time. Use it as a family, a house group, whole church or individually. The most important thing is that you take the time to absorb the action, and focus on those who have less than we do.

Enjoy!

Grace and peace at Lent,

The team at Living Hope

Each Friday we will be encouraging you to spread our message of the injustice for children in Pakistan.



Follow us on Facebook —
Just search for 'Living Hope'



We're on Twitter too!
As 'LivingHproject'

Find out more about Living Hope

www.livinghopeproject.org

The concept of an action resource is to collect small amounts of money every day to donate at the end of lent. However, we want to you to use this resource however you feel it most helps you, so if you feel inspired to volunteer to help us we would love to hear from you, or just give what you can!

All the facts and statistics in the resource can be found on the following websites;

**cia.gov/library/publications/the-world-factbook/geos/pk.html*

**savethechildrenweb.org/SOWM-2013/*

**data.worldbank.org/indicator/EG.ELC.ACCS.ZS*

**<http://www.unesco.org/new/fileadmin/MULTIMEDIA/HQ/ED/pdf/>*



A special thanks to Vertical World Solutions, a non-profit organisation working in Pakistan, based in USA, who allowed us use of their photos. Find out more about them at verticalworldsolutions.com



Living hope is a project which aims to provide good quality education for disadvantaged children in Baddomalhi, Pakistan

Shrove Tuesday - Tues 17th

Pancake recipe

(Makes about 12 small pancakes)

- 100 g (4 oz) flour
- 1 tablespoon of oil
- 250 ml (10 fl oz) milk
- 1 egg
- Pinch of salt

Sift the flour and salt into a bowl

Make a well in the centre of the flour, add the egg and beat until smooth. Then add the milk, a little at a time, beating well, until you have a smooth liquid

(When you have made the batter, it is helpful to put it all into a big jug, so that you can pour a little at a time into the frying pan to make the pancakes)

Heat some of the oil in a flat, thick-based frying pan

When the pan is really hot, beat your batter briefly once more and pour about 3 tablespoons of it into the pan

(Beat each time before pouring)

Cook for just under a minute; don't forget to check underneath to see how it is cooking. Then have fun flipping the pancake!

Cook on the other side (again checking) until golden brown.



Picture taken from FreeClipartPictures.com



Ash Wednesday — Wed 18th

Ash Wednesday is traditionally the day when we prepare for lent by confessing, or saying sorry for when we have done things that God hasn't wanted us to do. This is what sin is — When we disobey God's perfect plan for us

You can do this in lots of different ways — Writing it down and then destroying it, by saying sorry to the people around you, but the best way is by praying. Try this one*;

“Father, I know that I have not lived the way you want for me. I am truly sorry, and now I want to turn toward you. Please forgive me, and help me avoid turning away from you again. I believe that your son, Jesus Christ died for my sins, was resurrected from the dead, is alive, and hears my prayers. I invite Jesus to become the Lord of my life, to rule and reign in my heart from this day forward. Please send your Holy Spirit to help me obey You, and to do Your will for the rest of my life.

In Jesus' name I pray, Amen.”

*This prayer has been written with committed Christians in mind, if you are not yet a committed Christian and want to find out more, speak to a local minister or visit www.rejesus.co.uk

Thurs 19th

How many pupils were in your class at school? Give 1p per person – Classes in Pakistan can be as large as 150!

Sat 21st

How many credit cards do you or your parents own? Give 5p for each one – Credit does not exist for the people who really need it in Pakistan

Mon 23rd

Every time you use the toilet today give 2p— Most schools in Pakistan do not have adequate toilet facilities

Wed 25th

33% of the population of Pakistan don't have electricity - give 1p for every light bulb in your house

Fri 20th — Tell Others

Tell 3 people about this resource, and why it is so important during Lent to do something for others, not just for yourself

Sundays?

The 40 days of lent doesn't include Sundays, so neither are we. We would like to encourage you to use the prayer guide that comes with this resource, so try asking your church if you can use the prayers during your service!

Tues 24th

What are you wearing this morning? For every item that you bought brand new, give 10p – Many poor children can only afford to buy our off casts that we donate to charities

Thurs 26th

They don't eat any meat from pigs in Pakistan because it is a Muslim country—Give 10p if you eat any pig meat today

Fri 27th — Tell Others

Give someone you know the money for a chocolate bar —Tell them how Shazad cant afford luxuries' like chocolate!

- Shahzad works in the brick factory from 4am until 8am when it gets too hot to work outside, then again from 5pm until 8pm. After this work he is too tired to go to school and he only earns just enough to feed himself and his baby sister. Without an education he will never learn to read or write and looks forward to a future of poverty, working permanently in the brick factory



Sat 28th

A child born in Pakistan today can expect to live to 66 - Give 1p for every year of your life

Mon 2nd

Give 10p for every time you went to the doctors last month. In Pakistan each doctor has over 1,234 patients. Our doctors have 400 patients each, that's over 3x less

Tues 3rd

Most children only get one pair of shoes a year. For every pair of shoes you own give 5p

Thurs 5th

How many years education do you have? Give 2p for each year. Most children in Pakistan only complete 7.5 years, In the UK it is compulsory to study for 13 years!



Wed 4th

31% of children under 5 are underweight in Pakistan—Give 2p for every luxury item of food you consume today

Fri 6th — Tell Others

Buy somebody some fresh fruit—tell them fresh fruit is only affordable for the rich in Pakistan, so as a result many children suffer from malnutrition

Saturday 7th

This is a typical meal for a poor family in Pakistan. Mum will cook it in a huge pot in the outdoor oven, then the whole family will have it for dinner, then breakfast & lunch the next day. Why don't you try cooking it for your family next week?

Chana (Chickpea) Curry - Serves 8 — freezable

800g tinned chickpeas, 2 chopped onions, (You can use 3 tsp medium curry powder instead of individual spices, but whole spices taste so much better!) 1/4 inch piece of ginger chopped, 2 cloves of garlic chopped, 1 tin chopped tomatoes, 1 tbs cooking oil, 1 tsp cumin, 1/2 tsp turmeric, 1 tsp coriander, 1/2 tsp garam masala, 1 chilli, fresh coriander leaves (If you can get hold of fresh coriander, it is definitely worth it!)

- 1) Rinse chickpeas and set aside. Crush some of the chickpeas to make the sauce nice and thick.
- 2) Heat the oil in a medium sized pan, add whole spices (if using) and wait until they begin to spit.
- 3) Add onions, garlic, ginger & powdered spices. Fry until golden. Add tomatoes and chickpeas and 1 cup water.
- 4) Add salt & chilli to your own taste.
- 5) Cook covered for 20 mins.
- 6) Add fresh coriander to garnish.
- 7) Serve with Chappati and rice

Monday 9th

Give 5p for every time you walked around freely outside your home. Pakistani children are still very fearful as a result of the attacks on the school in Peshawar.

Wednesday 11th

Give 10p if it would take you less than an hour to get to your doctors. Most villages don't have a doctor less than a day's travel away

Friday 13th — Tell Others

Tell 3 people today that they are really lucky to live somewhere that has electricity, clean water and good sanitation, a huge proportion of people aren't that lucky!

Monday 16th

Many children have to work to feed themselves – Give 20p if you have more money in the bank than you will need next month or if you get pocket money every month

Tuesday 17th

Most people in Pakistan have little choice over their career or wage – Give 5p for every job you've had

Wed 18th

1 in 13 children don't reach their 5th birthday. Give 5p for every under-5 you know

Tues 10th

Give 5p for every hour of TV you watch today – Most poor people don't have time for leisure activities after their work

Thursday 12th

Give 1p for every music CD and film you own – Most children in Pakistan don't have the luxury of personal possessions

Saturday 14th

Tomorrow is Mothering Sunday—Many mothers worry about the future of their children, like Aishal. She worries that she won't be able to provide good education for her daughter, or shield her from the harsh realities of poverty in Pakistan

Give 5p for every mother in your family, give 10p if you are a mother!



Thursday 19th

Only 16% of the poorest young men and 5% of the poorest young women have completed lower secondary education, give 5p for every GCSE/O level or equivalent and above you have gained

Fri 20th — Tell Others

Change your social network status to 'I'm supporting Living Hope', Or write a letter to somebody - With a copy of, or a link to this resource so that more people will find out about the plight of children in Pakistan

Sat 21st

Pens and paper are expensive in Pakistan -
Every time you pick up a pen today give 2p

Mon 23rd

Give 2p for every packet of medicine in your house – Medicines are really expensive in Pakistan

Tues 24th - Zarda (Sweet rice)

Zarda is made for special occasions, and is surprisingly yummy! Enough for 6 portions
Make it as a pudding for tea tonight!

2 cups of rice, 1/2 tbsp raisins (Kishmish), 1/2 tbsp. walnuts,(Akhrot) (chopped), 1/2 tbsp. almonds (Baadaam) (chopped) ,1 tsp. grated orange zest, 6 Small cardamom pods (Choti Ilaichi), 2 tbsp. double cream, 2 cups sugar, 1 tbsp. vegetable oil

- 1) Soak rice in water for 10 to 15 minutes. 2) In a large pot combine: water & 3 cardamom pods; bring to a boil. Slowly stir in rice, reduce heat, cover and simmer until rice is tender, (about 20 minutes) 3) In a large skillet over low heat, fry the remaining 3 cardamom pods in oil for about 2 minutes
- 4) Stir in the cooked, drained rice, and sugar. Cover and cook for another 5 minutes.
- 5) Remove from heat and stir in the cream, raisins, walnuts, almonds and orange zest

Wed 25th

Children often have to walk miles to get to school. Give 5p for every mode of transport you used today

Thurs 26th

Only 1 in 10 people in Pakistan have access to the internet—mostly those who live in the cities. Visit www.pakistanchristianpost.com to find out what is happening in Pakistan

Fri 27th — Tell Others

Give 3 people a grain of rice— Tell them that it is cheap for us to buy it, but most of the people who live where it is grown often cant afford it

Sat 28th Palm Sunday

On Palm Sunday, Christians in Pakistan process through the streets holding branches

Remember to be humble today as Christ showed by riding a donkey— Look it up -Matthew Chapter 21



Picture from Vertical World Solutions

Mon 30th

If you received a present for your last birthday, give 20p; Many poor families don't celebrate birthdays because they can't afford it

Tues 31st

Give 10p if you had a freshly made meal for lunch – Most children eat last night's left overs for breakfast & lunch



Wed 1st

Give 2p for every radiator in your house – Many schools and homes have no form of heating or cooling

Thurs 2nd

Maundy Thursday

Every time you use the tap today give 1p – There is often no clean drinking water available at school

Fri 3rd Good Friday

Lots of people fast on this day – If you can, fast from one meal today. If you can't, give 30p

Sat 4th

For every non-fiction book you have in your house give 2p – Many schools cannot afford to buy up-to-date text books and rely on ones that we have thrown away

Sun 5th Easter Sunday

Many churches let off fireworks today to celebrate! What will you do today? Remember that you can celebrate without fear of persecution; many Pakistani Christians can't



Thank you for using this resource

Please return this form to;

Living Hope, C/O Imran Malik, 37 Eversley road, Upper Norwood, London, SE19 3PY

Living Hope will not pass your details onto any other organisation. If you do **not** want to be a part of our mailing list, please tick here

Name: _____

Address: _____

Email: _____

I enclose a cheque for £: _____
Please make it payable to 'Living Hope'

The daily giving amounts are a suggestion only, please give what you can. Or if you would like to give your time we would love to hear from you!

Inspired to give more? Go to our website to find out how you can set up a direct debit to give every month;
www.livinghopeproject.org