



Enough for Everyone

Christmas Appeal 2017

'I pray for health. I ask God
to make my children healthy.
When they are healthy, I can go
to work and earn all that we need'

– Colette, Burkina Faso

christianaid.ie/christmas

**At a time of
plenty, will
you ensure
there's enough
for everyone?**

This Christmas, many people in large areas of sub-Saharan Africa face hunger. In contrast, for us Christmas is a time of plenty, and so it's even more important that we include those with less in our celebrations of Christ's birth. We are reminded in Isaiah 58:10 to 'Feed the hungry and help those in trouble. Then your light will shine from the darkness, and the darkness around you will be as bright as noon.' Through supporting our Christmas Appeal, your church will reach out with love to the most vulnerable people facing this food crisis – mothers like Colette (pictured) who wants nothing more than for her children to be healthy and to be able to provide regular nutritious meals for her family.

Colette is from Burkina Faso, where one child in every three suffers from stunting as a result of chronic malnutrition, according to Unicef. With your support we can help change lives in Burkina Faso by training community nutrition workers and helping families to grow nutritious food in their market gardens. And in South Sudan, where famine was declared earlier this year, your support will provide urgent assistance, such as food vouchers for mothers to spend in local markets.

Please join us in ensuring there's enough healthy, nutritious food for everyone this Christmas.



Matching your
donations with



UKaid

Northern Ireland only: Twice the impact!
For every pound you give, the UK Government
will give a pound more.* That's double the
support for people living in poverty.

* Donations made to the Christmas Appeal between 6 November
2017 and 5 February 2018 will be matched up to £2.7 million.

Christian Aid will use your donations for projects such as
those featured. The UK Government's match will fund our
work in South Sudan.

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October 2017 Photo: Christian Aid/Mike Goldwater J36905

The resources in the pack will help you dedicate your Christmas events or services to the Enough for Everyone Christmas Appeal. Don't forget to visit christianaid.ie/christmas to see what other resources are available, and order your donation envelopes and mince pie decorations from your local office.

If you're in Northern Ireland, whatever you do for this appeal, the UK Government will match every pound your church raises*.

Belfast 028 9064 8133

Dublin 01 496 7040

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Thank you for supporting our **Enough for Everyone** Christmas Appeal.



We believe in life
before death

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Fundraising ideas

Some extra ideas for your church to fundraise and connect your community with the injustice of hunger in a world of plenty.

Mince pie with a mince pie!

During Advent and Christmas the good old mince pie is a staple of church hospitality. Whenever you share mince pies give an extra mince pie decoration, and invite others to make a pledge to avoid waste and make sure there is enough for everyone.

Carol singing in the square or...

supermarket, shopping centre or train station. Sing to celebrate the good news of Jesus' birth with your community and bring a collection bucket too. Why not order mince pie decorations and give them out to passers-by?

Host an 'Enough leftovers for everyone' party

Bring and share your Christmas leftovers and invite your neighbours or hold a leftovers party at church to bring people together in the week between Christmas and New Year. Less waste. More fun!

Say 'no' to pudding and 'yes' to porridge

Can you commit to not eating puddings for the whole of Advent, and eat porridge instead? Christian Aid provides training for mothers in how to make specially fortified porridge to combat malnutrition. Each serving costs just 20p/23c and changes lives forever. Ask for sponsorship or give the money you save to make sure there is enough for everyone this Christmas. Take the challenge to the next level and eat porridge for two meals in the middle of Advent and for three meals before Christmas to share in solidarity with those who are malnourished.

Mince pie mount up

Count how many mince pies you eat this Christmas. Why not keep a scorecard on the fridge? Give thanks for all the delicious food we have at Christmas by donating 50p/50c to the Christian Aid Christmas Appeal for each pie eaten. Donate at christianaid.ie/christmas or call **028 9064 8133** Belfast or **01 496 7040** Dublin

Appoint a Christmas card postie

Provide a postal service either within church as an easy way for church members to give cards to each other, or for delivery to a specified local area. The latter can be a service you offer the local community – particularly helpful for elderly people. Simply appoint a postmaster and provide an easy way for people to drop their written cards and make a donation to Christian Aid. Set a date for the cards to be in.

Church Christmas card tree

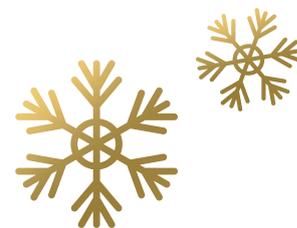
Save time and money while still wishing your church family a happy Christmas. Write your Christmas greetings on a mince pie decoration (available to order), hang it on the tree and donate what you saved on cards and postage to the Christian Aid Christmas Appeal.

One big church Christmas card

Find someone crafty and ask them to make an oversize Christmas card for display in church. Instead of sending cards to church members, write your Christmas greetings on the oversize card. Donate what you save on cards and postage to the Christmas Appeal.

Send an alternative gift this Christmas

Want to give something different this year? Buy a life-giving gift from presentaid.ie



Five-minute interactive talk for children

A Christmas recipe for a fair world

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This talk will work best in a service that includes the short talk and/or the Christmas video. This interactive children's slot will give an understanding of the injustice of malnutrition for children in Burkina Faso.

You will need:

- A table, two bags, two plates, minimum of eight ingredients for Christmas dinner, porridge, rice, a sauce or spice.
- Optional: four aprons in two colours.

In bag one, place a selection of at least eight ingredients that could make up a Christmas dinner. Make sure it's a mix of food types and include vegetables, starchy food and protein.

In bag two, place three items: porridge, rice and a sauce or a spice. Ask four people (two pairs) to help you, ideally an adult and child in each pair. If you have aprons, ask your volunteers to put them on. Tell them: 'In these bags is a selection of food. We're going to see what amazing Christmas dinners each team could make from their ingredients.' Give each pair a bag and ask them to take out the items, hold them up and say what they are and put them on the table. Now ask each pair to pick five items that they think will make a delicious and healthy Christmas dinner.

While your helpers are choosing their items, ask others what they think makes a delicious and healthy meal. Flavours? Balance of food groups? Vegetables?

Ask the pair with bag one what they have chosen and why. Would others in the congregation enjoy this Christmas dinner? Ask the second pair what they have chosen. Do they think their meal will be delicious and healthy? How do they feel about what was in their bag compared to the other pair? Was it fair? How could we make it fair? Make sure that the answer is to share the food. Thank your helpers and ask them to return to their seats.

What if we only had the porridge, rice and some sauce to flavour it with? Before her mum found help through Christian Aid, this is what four-year-

old Eulalie and her family would eat every day in Burkina Faso. Would Eulalie be healthy and have energy to run and play and to concentrate at school? Would she be able to fight off illnesses? Sadly not. Eulalie became very ill and the doctors said that she had malnutrition. She wasn't eating enough different kinds of foods to get all the nutrients her body needed and she was underweight. Thankfully Eulalie is better now, but we want to help more children and their mums so they don't ever develop malnutrition.

In Burkina Faso, only 1 in every 10 children has an acceptable diet. The result is that more than three in every 10 children in Burkina Faso are stunted, which means they don't grow fully.

This is sad and unfair, isn't it? In the Bible (Acts 4:32-37), Jesus' disciples make a fair world by doing as you suggested just now. They understood that what they had was not for themselves but for the good of everyone. At Christmas, we come together as the disciples of today, to give thanks and worship God. We sing Christmas carols and hear the nativity story from the Bible. God wants us to gather to remember and celebrate and also to notice when things are not fair among us or in our world. God wants us to share so all may have enough, just as the first disciples did.

One way we can share with people like Colette and Eulalie is by adding a virtual gift from Present Aid to our Christmas wish list. This year, you could receive some nutritious porridge for a child in Burkina Faso or a hand pump for a village in South Sudan. Together, we can help make sure there's enough for everyone this Christmas.

Finish by saying a prayer together:

Thank you God, for Colette and for the work of Christian Aid who have helped make her daughter well. We pray for children everywhere and ask that they will receive the nutritious food they need. Please help us this Christmas to share what we have, to help make a fairer world. Amen.

Short talk



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Please use this short talk in services or at other Christmas events such as concerts. It can be used with or without PowerPoint slides.

We've also provided some sermon pointers should you wish to extend the talk to a sermon. You will need to give each person a mince pie decoration as they arrive – these can be ordered by contacting **Belfast 028 9064 8133** or **Dublin 01 496 7040**.

Slide 1: Food is at the heart of our Christmas festivities

At Christmas we come together to celebrate the birth of Jesus. Food is found in celebrations throughout the Bible; in the Old Testament and at the time of Jesus. At the wedding at Cana, Jesus helped replenish the wine supplies, and his final hours with his disciples were spent over supper. It feels entirely appropriate that food is at the heart of our festivities when we celebrate God's only son coming to save each of us and bring his Kingdom on earth.

There are so many foods we associate with Christmas. (you could ask for people to suggest their favourite.) Turkey. Sprouts. Mince pies. Christmas pudding. Brandy butter. Cranberry sauce. Figs. Pigs in blankets. Sharing time and food with friends and family at Christmas strengthens our relationships and ties us together.

Slide 2: Food is at the heart of Colette's Christmas

Colette lives in Burkina Faso with her husband and two daughters. Her Christmas is in many ways similar to ours. Like us, she and her family eat special food on Christmas Day. Colette's day starts with cooking the food and then getting her children ready for church. She prays for her children; that God will give them health and all they need. When Colette gets home, she greets her neighbours and shares food with them. For Colette and her neighbours, this will be rice, goat and spaghetti. They gather together and show their joy by dancing and singing.

Slide 3: Colette's family hasn't always had enough food

Life has been hard for Colette. She was forced to work at a gold mine every day to feed her family. Colette could spend days at the mining site without finding any gold to sell. She made

so little money that she was not able to buy nutritious food like vegetables. Eulalie, her little girl, was very ill and weak and was diagnosed with malnutrition.

Slide 4: Colette's life has been changed

Just when her future looked bleak, Colette found her hope through a market garden project supported by Christian Aid. Colette and her husband were trained in how to plant and grow crops and were provided with tools such as a watering can and seeds. She now produces nutritious food to eat and sell, working with her husband, and with her children close by. Eulalie is now four years old and no longer malnourished and her little sister Ornela never has been. Colette is able to sell some of her vegetables to pay for healthcare and clothes for her girls. She plans to extend her garden to pay for her children to go to school.

Slide 5: You are transforming more lives this Christmas

Colette's story shows that a family can be saved from the horrors of malnutrition. Landlocked Burkina Faso is one of the world's poorest countries, with almost half of its 16 million inhabitants living below the poverty line. More than 30% of children under five are stunted, a result of malnutrition. With your church's help, Christian Aid will work to reduce malnutrition and ensure reliable access to healthy food for women of child-bearing age and for children under five. Northern Ireland only: This year, we are thankful to have received UK Aid Match funding for this appeal. This means that, for every pound you give, the UK Government will contribute a pound more. Your donation will have twice this impact.

Slide 6: Food crisis in South Sudan

In another part of Africa, Christian Aid is helping families in even greater need. In South Sudan, famine was declared earlier this year. It's the worst food crisis the country has ever faced, with 50% of people urgently needing food and security. This crisis comes after more than three years of conflict, which has resulted in tens of thousands of deaths and the displacement of 3 million people. Harvests have been disrupted, food and fuel prices have risen, and the economy has collapsed. People are severely hungry and are eating wild foods like water lily roots and drinking unsafe water to survive.

Slide 7: Achai's baby has been saved

Christian Aid responds to emergency food crises through its local partners. They enable us to focus our help on those in greatest immediate need. This is Achai Khan from South Sudan, and her baby Geng. Without Christian Aid's support, Achai's family were facing extreme hunger. Achai was resorting to gathering wild leaves in an attempt to make meals for her family. She received cash vouchers, which enabled her to buy sorghum (a nutritious grain) and cooking oil from the local market, and has eaten well enough to produce milk to breastfeed her baby. Your support this Christmas will help us to reach more mothers like Achai.

Slide 8: The injustice of hunger in a world of plenty.

We love and look forward to many of our special Christmas foods. But we are all different, and some foods we like more than others and some we just can't stand! (You could ask people to raise their hands for foods they hate, eg sprouts, mince pies, figs.) Our dislikes mean a huge amount of waste. Each year in Ireland,

we throw away gallons of gravy, thousands of turkeys and millions of sprouts.

Slide 9: Make a commitment to waste less and make sure there is enough for everyone

We all probably know which are the foods we buy that no one really likes, and those that we buy far too much of. Now, look at the mince pie decoration you were given when you came in. On the back, there is space for you to make a pledge. Each of us can commit to not buying at least one thing that we know will be wasted. We can turn that pledge into a donation to Christian Aid and to provide life-saving aid and long-term solutions to hunger and malnutrition. When we celebrate God's gift to us – the birth and life of Jesus – we can also give a gift of life this Christmas. As we respond to the hungry and needy, we will reflect the light of Christ (Isaiah 58:10). When you get home, place the decoration on your tree. Each time you notice it over Christmas, take a moment to pray for Colette and others whose lives will be changed by the Christian Aid Christmas Appeal. Northern Ireland only: Don't forget that, for every pound you give, the UK Government will give a pound more. Your donation will have twice the impact.

Sermon pointers

Bible reading: Isaiah 58:1-12

True and false worship.

- At the time of Isaiah, many people had turned a deaf ear to God. Outwardly they seemed to worship God – going to the temple, following laws, praying and fasting.
- While seeming to obey God, their actions were not in line with their worship. They continued to oppress workers, to fight and quarrel and failed to feed the hungry.
- Think of actions in our own lives and our society – conscious or unconscious – that will not be pleasing to God. Particularly focus on Christmas.
- God's chosen fast is different. God is looking for justice for the poor and needy. 'Break the chains of injustice, get rid of exploitation, free the oppressed, feed the hungry!' (Isaiah 58:6 MSG)
- Isaiah 58 suggests that one of God's 'love languages' is justice. That's how he calls his people to demonstrate their devotion. It's not that God doesn't want our time, words or songs of worship, but let's not make those things a substitute for loving our neighbour in need and pursuing justice for the poor – God desires both.
- Isaiah assures us that good works will bring God's blessing; they are done with love, and through the power of the Holy Spirit.
- It may not always be easy to right injustices, but you are part of a movement of people who are committed to doing so. Great injustices have been turned around throughout history as people have come together and demanded their ending. One of the outrages of our time is that people go hungry in a world of plenty. Let's show true worship to God as we let our light shine this Christmas.
- Think of actions that can be taken as individuals and as a church to pursue justice for the poor and for God's light to shine in your neighbourhood.

Prayers

Prayer stations

4

Summary prayer

God of Creation, this Christmas time we remember how you came to earth as a human being,
A vulnerable baby needing a mother's milk and parents' care.
Draw close to all mothers and babies lacking in nutrition and coping with a harsh existence.
We thank you for the work of Christian Aid partners in providing hope and transformation.
As we think of Colette and her family, may we be inspired by her generosity and joy at Christmas
So we, too, may share and celebrate your birth with family, friends, and neighbours.

Amen.

Prayer pointers

- For mothers and babies currently malnourished and struggling to hold on to hope for the future.
- For the work of Christian Aid partners in South Sudan and Burkina Faso, that they may have the resources they need to fight malnutrition among mothers and babies.
- For communities in South Sudan and Burkina Faso, where the devastating impact of further droughts is forcing people to leave their homes in search of food and water.

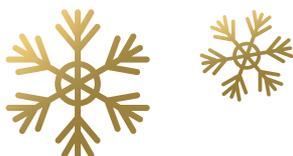
Images

Use the images on the PowerPoint slides as printed pictures for reflection. Set the Christmas film up on loop for personal reflection. You can find this at: christianaid.ie/christmas

Objects and explanations

Bring in the following objects and write an explanation next to them.

- Place a stone or gravel on a piece of paper or cloth to represent the harsh life Colette and many women face eking out a living at the gold mines. Write: Life at the gold mines is tough for women and no place for babies. It is dangerous, dusty and back-breaking work.
- A bowl and oats remind people of the importance of nutritious food for children's survival in Burkina Faso. Write: Demonstrations of how to make nutritious porridge give malnourished children a chance to survive in Burkina Faso.
- Fruit and vegetables can represent the lush market gardens which have turned Colette's life from one of despair to peace and joy. Write: Thanks to a Christian Aid partner, Colette now has a peaceful garden to tend. She can work in the fresh air and her children are safe and healthy.
- Spaghetti or rice can remind us of Colette's Christmas celebrations. Write: Christmas in Burkina Faso is not dissimilar to ours with special food to celebrate God's only son coming into the world and sharing our humanity.
- Bring in a mince pie and statistics about food waste available at stopfoodwaste.ie and write some of the statistics up. Write: As many in Ireland throw away food, help us to be considerate consumers.
- The Christian Aid mince pie decorations can be placed for people to take home as a reminder of the prayers offered. Write: Please take one of these decorations and hang it on your Christmas tree or use it as a gift tag. Remember women like Colette in Burkina Faso and give a donation to the work of Christian Aid.





Opening prayer

God incarnate,
who came to live among us.
We celebrate your presence with joy
and give thanks that in your humanity
you shared our human need for nourishment.
You understand the hunger and thirst
known by millions around the world today
God in our midst, radiant in Spirit and
righteousness in the darkness
We bring our praise and worship to you
and share in your gift of hope this Christmas
So all may know your promise of life in all
its fullness.

Confessional

God of creation; babe of the stable
We confess our gluttony and greed
To you who has given us all we need
From the chains of more may we be freed.

God of creation; babe of the stable

God of creation; babe of the stable
We who have so much to taste
May we no longer be so quick to waste
Forgive us our disregard and haste

God of creation; babe of the stable

God of creation; babe of the stable
While many feast in celebration
The wonder of your incarnation
We are sorry so many still face starvation

God of creation; babe of the stable

God of creation; babe of the stable
Thank you for your amazing grace
welcoming us into your forgiving embrace
shining upon us with your tender face

God of creation; babe of the stable

God of creation; babe of the stable
This Christmas come down from above
Descend to earth with peace like a dove
Be enough for everyone, dear God of love.

God of creation; babe of the stable

Thanksgiving and intercessions

We give thanks for Colette and the work of the
Christian Aid partner who has turned her life
from one of pain and sorrow to one of joy and
thankfulness.

We thank you that she and many others have
received the tools and knowledge to grow
nutritious food and that her family now thrives.

We pray for mothers in Burkina Faso and South
Sudan who wait with babes in arms,
with cries of hunger resounding in their ears.
We ask that they will receive the nutrition they
require and their needs be satisfied.

As you came to earth, a hungry baby,
so we ask you to come now by your Spirit and
let the oppressed go free.

May we, this Christmas, share all we have with
those around us to bring in a fairer world,
where all may see their light rise in the darkness
and their gloom turn to dancing and celebration.
Amen.



Isaiah 58:6-7

Is this not the fast that I choose:
to loose the bonds of injustice,
to undo the thongs of the yoke,
to let the oppressed go free,
and to break every yoke?

Isaiah 58:6-7

Prayer of intercession

God who is near,
in this time of feasting.

Help us to fast as you choose.

To loose the bonds of injustice
that discriminate and exclude,
to undo the thongs of the yoke
that wearies hearts with debt.

Help us to fast as you choose.

To set free those oppressed
by more never being enough,
to break every yoke
that limits and denies life.

Help us to fast as you choose.

To share our bread with the hungry and
the malnourished of Burkina Faso,
to provide shelter for those made homeless
by conflict and violence in South Sudan.

Help us to fast as you choose.

To clothe those stripped of dignity
by the unacceptable scandal of poverty,
to not turn our face away
from the family of humanity.

Help us to fast as you choose.

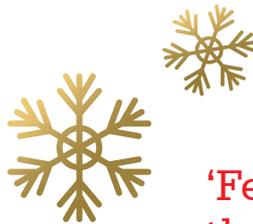
May we also come close this Christmas
to the lives of others across the world,
seeing, sharing, including and providing,
believing there is enough for everyone.

Help us to fast as you choose.

Amen.

Closing blessing

Go share your bread with the hungry
Then your light shall rise in the darkness
Bring the homeless into your home
Then your light shall rise in the darkness
Loose the bonds of injustice
Then your light shall rise in the darkness
And let the oppressed go free
Then your light shall rise in the darkness
Amen.



'Feed the hungry, and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon.' (Isaiah 58:10)