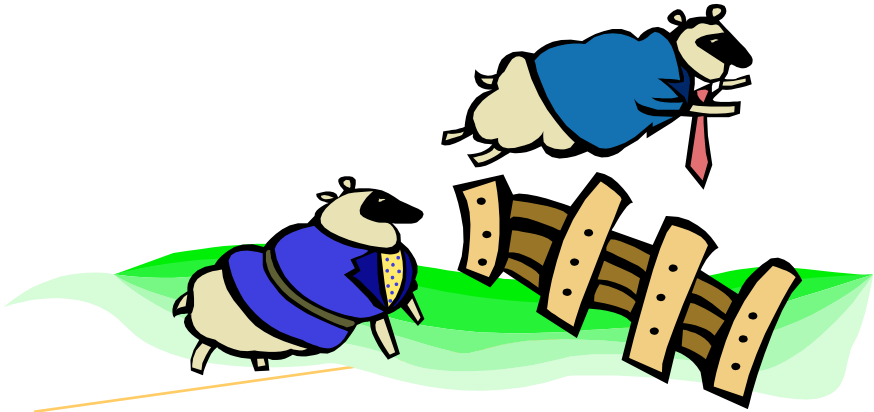


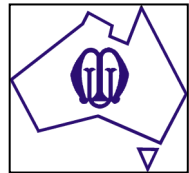
MU Australia

Part of the World Wide Mothers' Union

● Bathurst Diocese



COUNT YOUR BLESSINGS



A discipline for Lent

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

Ash Wednesday

Count the taps in your house. **Give thanks for clean water.** Give 5c for each tap you have.



TOTAL

\$

Thursday

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



Total

\$

Friday

Count the jars in your kitchen cupboards.
Thank God for variety of food.
Give 2 c for each.



Total

\$

Saturday

Count your heaters.
Pray for those who are cold, and give 5c per heater.



Total

\$

Sunday



Measure your height! Under nourished children suffer stunted growth. Give 1c per cm

and pray for children's health.

TOTAL

\$

Monday

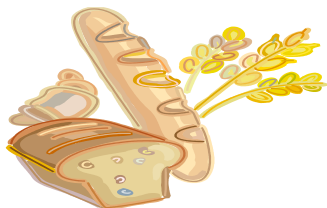


How many phone calls have you had this week? Give 10c for each and **thank God for those conversations.**

TOTAL

\$

Tuesday



Count the flours and things made with grain in your kitchen stores. Remember to count any beer or spirits! Give 2c for each one

TOTAL

\$

Wednesday



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

TOTAL

\$

Thursday



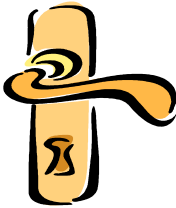
Count your sinks and toilets. Give 20c
For each.

Thank God for good health.

Total

\$

Friday



How many door handles are there in your
house? Give 1c for each and **give**
thanks for safety.

Total

\$

Saturday



In your fridge, count the dairy products.
Give 10c for each item.

Total

\$

Sunday

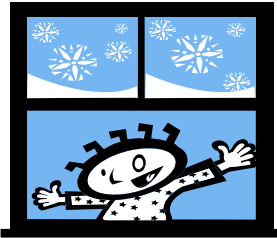


How many keys do you have? (cupboard
and drawer keys too). Give 5 c for each
one. **Thank God for security.**

Total

\$

Monday



How many windows are there in Your house? Give 10c for each Window you have.

Total

\$

Tuesday



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

Total

\$

Wednesday



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

Total

\$

Thursday

Count the vaccinations, doctor or nurse visits you've had over the past year. Give 20c for each.

Total

\$

Friday



Weigh yourself! This is not a guilt trip.

Thank God for good healthy sustenance.
Give 1c per kg.

Total

\$

Saturday



Count the vegetables in your kitchen (and garden). Give 5c for each and **pray for good health for all disadvantaged people.**

Total

\$

Sunday



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

Total

\$

Monday



Count the bottles in your fridge and kitchen. **Thank God for safe and tasty drinks.**
Give 2c for each bottle you find.

Total

\$

Tuesday



Count how many subjects you were taught at school when you were 12 years old. Give 20c for each. **Pray that all children may have the benefit of education.**

Total
\$

Wednesday



Count the brushes in your house! Hair, tooth, nail washing up etc. Give 2c per brush to help them

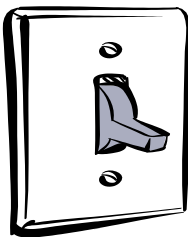
Total
\$

Thursday

How many living things are there in your house? Pot plants, pets.... include yourself. Give 50c for each one you count.

Total
\$

Friday



How many light switches do you have? Give 5c for each switch you find and **thank God for electricity.**

Total
\$

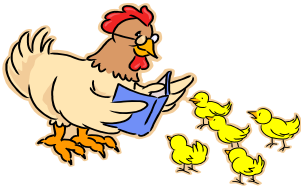
Saturday

Life expectancy for indigenous people is 55 years. Count the years until you are or since you were 55. Give 20c for each.

Thank God for the years you've lived.

Total
\$

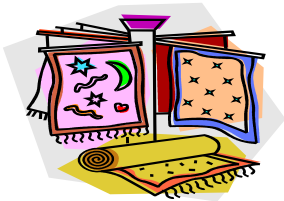
Sunday—Mothering Sunday



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



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

Pray for people with sparse homes.

Total
\$

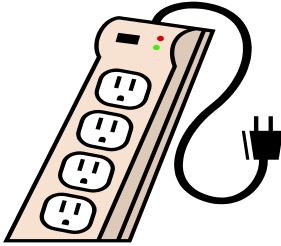
Tuesday



How much fruit can you find? Give 5c for each fruit you've counted.

Total
\$

Wednesday



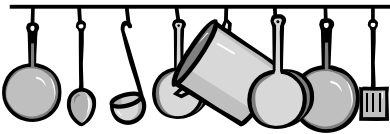
Count the plug sockets!

Thank God for how technology improves our lives. Give 5c for each socket.

Total

\$

Thursday



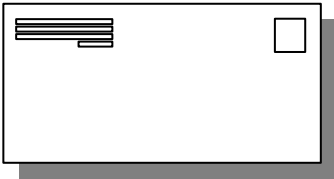
How many things can you cook with? Count each hob on your stove, each oven etc. Give

10c for each.

Total

\$

Friday



Count how many letters you received this week.

Give 5c for each.

Total

\$

Saturday



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

Total

\$

Sunday



Count your blankets, quilts and doonas.

Pray for those who are cold and give 20c for each item of bedding you count.

Total

\$

Monday

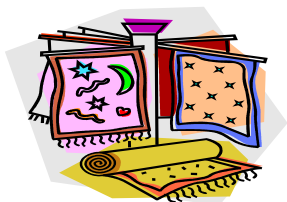


Count your shoes. Give 10c per pair and **pray for children who need shoes to go to school.**

Total

\$

Tuesday



Count all your spoons! Give 1c for each.

Thank God for plentiful food.

Total

\$

Wednesday



How many umbrellas do you have

Give 10c per umbrella.

Total

\$

Thursday



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

Give 5c for each.

Total

\$

Friday



How many wheels can you count in your house or on your driveway? Give 5c per wheel.

Total

\$

Saturday



How many teachers did you have in primary school? Give thanks for all you've learned, and **pray that all children might have that opportunity too.** Give 20c for all teachers remembered.

Total

\$

Sunday Palm Sunday

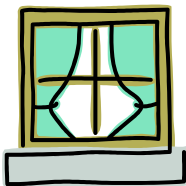


Count your coats! Give 10c for each. **Think of Jesus riding into Jerusalem, his way paved with people's cloaks.**

Total

\$

Monday

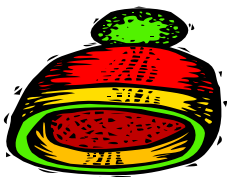


Count the curtains and blinds in your house. **Thank God for the comfort and privacy of your home.** Give 5c for each.

Total

\$

Tuesday



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

Total

\$

Wednesday



Notice the signs of autumn around you. Go to a window or take a walk. **Think about God—sustaining us through all seasons.** Give a coin in gratitude for nature.

Total

\$

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.

Total

\$

Good Friday



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

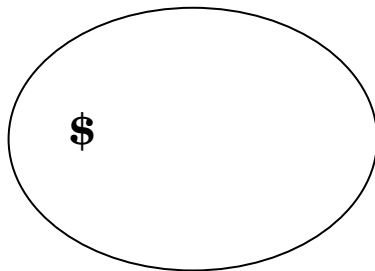
Holy Saturday

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

Sunday Easter Day

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 have given

**Total amount
given for
Northern Outreach**





MU Australia

Bathurst Diocese