

## Introduction

Welcome to the latest church pack from Traidcraft.

We hope that you will enjoy using these materials and that they will help you learn more about the people benefiting from Traidcraft's work. We also hope you will be inspired by the ways you can put your faith into action and help more people work their way out of poverty.



Photo: Richard Else

Rabson and Gift enjoy Traidcraft mini eggs, made with locally grown sugar.

## Contents

### Lenten reflections

Each Easter case study focusses on a different Traidcraft producer or project and is followed by a biblical reflection, prayer and action point. These are ideal for use with weekly housegroups or Bible study groups, or for personal reflection.

- Week 1: Dulal's story (Bangladesh). Reflection on poverty.
- Week 2: Sangare's story (Burkino Faso). Reflection on faith that bears fruit.
- Week 3: Nha Thi Ngo's story (Vietnam). Reflection on fasting.
- Week 4: Jayaraman and Jaya's story (India). Reflection on perseverance.
- Week 5: Gregorio and Concepcion's story (Bolivia). Reflection on justice.

### Good Friday service

A reflective service based on 6 themed prayer stations. It is suitable for other times of the year as well as Good Friday.

### Children's and young people's activities

- Colouring sheets
- Easter wordsearch
- Easter egg hunt

### Event ideas

- Prayer zones
- Ascension day
  - Kite flying picnic
  - Prayer kites

### Directory of actions

## Lenten reflections Week 1: Dulal's story



Dulal Miah is a fish farmer in Mymensingh, a poor rural area of Northern Bangladesh.

Dulal lives with his wife, four children, mother and mother-in-law, in a tin house with 2 small rooms and no water.

In order to provide for his family, Dulal supplements his income by doing masonry work in a nearby town. Dulal works long hours but earns just £416 a year to support his family.



Photo: Abir Abdullah

**Dulal fishing.**

Dulal spends his income on food, clothes, house repairs, medicines, books and school uniform – but it's not enough and he struggles to meet his family's basic needs. And he's not alone. About 80% of the local community are in a similar position.

Dulal has recently joined a Traidcraft Exchange project and over the next five years will get training on better fish-farming techniques, access to feed and fuel, knowledge about diseases and controls, and help to negotiate with buyers for fair prices.

Dulal now has the hope of a brighter future for his family. With his increased income he says he wants to provide better food, health and sanitation, feed his family, provide a better education for his children, and improve his home.



Photo: Abir Abdullah

**Dulal and daughter Eva (age 1).**

## Lenten reflections Week 1: Reflection, prayer and action: Poverty

**17** The scroll of the prophet Isaiah was handed to him. Unrolling it, he found the place where it is written:

**18** “The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed,

**19** to proclaim the year of the Lord’s favour.”  
(Luke 4: 17 - 19)

Jesus’ mission is to bring the good news of salvation, freedom and healing in him, and to usher in God’s kingdom. He reaches out to the poor, both literally and spiritually, with the offer of healing and restoration. To all those suffering the effects of living in a fallen world, he brings hope and salvation.

If we are to follow him, then we must do the same, by speaking the good news of the gospel and demonstrating it in our actions and attitudes towards the poor.

- Spend some time reflecting on the good things (both material and spiritual) that God has given to you.
- How can you use your time, money, talents and possessions to bless those who are physically and spiritually poor?
- **Take action** – set aside 50p a day during lent and donate the collection to Traidcraft Exchange to help more people like Dulal and his family. You can order free collection boxes here: [www.traidcraftshop.co.uk](http://www.traidcraftshop.co.uk) You can also donate online at [www.traidcraft.org.uk/donate](http://www.traidcraft.org.uk/donate)



Photo: Abir Abdullah

Dulal fishing.

### Prayer

Lord,

Thank you for the wonderful news of your gospel.

Thank you that you bring healing and hope to those in physical and spiritual poverty.

We pray for Dulal and his family, and the millions like him who struggle to make ends meet.

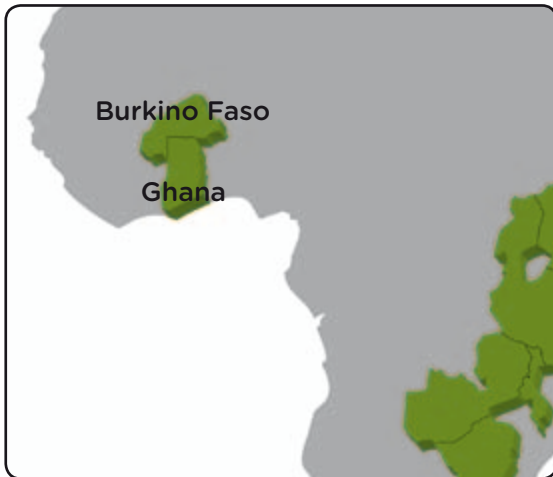
Help us to be generous with our time and money

that we might be a blessing to our neighbours around the world.

In your name,

Amen

## Lenten reflections Week 2: Sangare's story



Sangare Ousmane is a mango farmer in Burkino Faso near the Ivory Coast/ Burkinabe border. Conditions are tough and the cost of basic food staples, such as rice and maize, has doubled over the last year.

Sangare is a member of TON, a fair trade farmers' cooperative that supports farmers to harvest, dry and export their mango so they can earn more money. Before joining TON, Sangare would work hard but sometimes his mangoes would rot because he could find no one to buy them.

Sangare knows that if he works with TON he will get paid. Growing and drying mango now provides valuable extra income and ensures that Sangare's family can eat well, and afford education and medicines.



Photo: Association TON

**TON's adult literacy class.**



Photo: Association TON

**Sangare with his mango trees.**

In addition to the extra income from drying mango, the Fairtrade premium has also benefited the whole community. In the last two years the premium has paid for a health centre, a crèche, new classrooms, medicines and mosquito nets - things that have made a big difference to village life. TON also runs literacy classes for adults and a school for children.

You can find TON's organic, sundried, fair trade mango for sale in Traidcraft's catalogue.



## Lenten reflections Week 2:

### Reflection, prayer and action: Faith that bears fruit

**5** "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing..."

**8** This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples."  
(John 15: 5 and 8)

In order for our faith to bear fruit, we need to remain in Christ, just as branches need to remain in the vine if they are to be fruitful. The fruit of good deeds is evidence that our lives are transformed by a living faith in Christ. We cannot grow the fruit ourselves, but must allow God to work in us to enable us to be fruitful.

- Think about the kind of 'fruit' that characterises faith in Christ. Reflect on Galatians 5: 22: "*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.*"

- How is a living faith in Christ evident in your life? Are there areas of your life that aren't bearing fruit? What needs to change?
- **Take action** – an easy way to put your faith into action is to convert as much of your shopping as possible to fair trade products. You can buy all the following from Traidcraft: Tea, pasta, coffee, sugar, biscuits, olive oil, cakes, chutney, chocolate, breakfast cereal, sweets, fruit juice, tissues, rice, curry sauce, rubber gloves, honey, olives, kitchen roll, dried fruit, toilet roll, nuts, marmalade, crockery, clothing, gifts, bags, garden twine, jewellery, wine, cards and much more! You can find the whole range at [www.traidcraftshop.co.uk](http://www.traidcraftshop.co.uk)



## Prayer

Lord,

Help us to remember that we can only lead fruitful lives if we remain in you.

Help us to put our faith and trust in you so that we can live loving, generous, joyful lives.

We pray that the fruit of our faith will make a difference to people like Sangare.

Thank you that there are easy things we can do to bless others near and far.

Amen

## Lenten reflections Week 3: Nha Thi Ngo's story



Nha Thi Ngo lives in Bao La, a traditional weaving village about 30 kms from Hue in Vietnam.

Nha works with her husband to grow rice. The rice fields belong to the community and they divide them into sections for the village residents to farm. There are 270 households and around 200 of them are involved in basket weaving to supplement their income from growing rice.

There are two crops of rice every year. The money from basket weaving helps Nha to buy food for her family when she and her husband are waiting to harvest their rice.



Photo: Richard Else

**Nha weaving.**

“We get more money from rice but we have two crops, so we have to wait for six months to sell it,” she said. “Before we have harvested the crop I do not have any money, so the money I get from weaving is very important.

“The money...is very important to my family because it buys food in my house. It is not a lot but I can get the money regularly to buy food.”

Nha is benefiting from a Traidcraft Exchange project that is helping some of the poorest communities in Vietnam to sell their products in new markets, whether locally or abroad.



Photo: Richard Else

**Nha with her three children in the rice field.**

## Lenten reflections Week 3: Reflection, prayer and action: Fasting

**21** There, by the Ahava Canal, I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions...

**23** So we fasted and petitioned our God about this, and he answered our prayer. (Ezra 8: 21 and 23)

We often think of fasting as simply giving up a particular food (for example, chocolate!) and often treat that as an end in itself (a bit like going on a diet!). However, biblical fasting is a spiritual discipline associated with grieving for sin, repentance, praying, prophecy and seeking God's will. Its purpose is to focus on God and surrender to him. It is a selfless act intended to help us commit to God and his purposes.

Jesus was scathing in his criticism of the Pharisees who made fasting into a vehicle for showing off how 'holy' they were. (See Luke 18: 9 - 14 and Matt 23: 25 - 28)

- Spend some time reflecting on the following examples of fasting:  
David (2 Samuel 12: 13 - 17)  
Anna (Luke 2: 36 - 38)  
Daniel (Daniel 9: 1 - 19)
- Is there anything in your Christian life that you do more for show than to focus on God? What do you need to do to change this?

- **Take action** - Many people decide to fast during Lent by giving up something that is important to them. Think of something that would be a sacrifice to give up and choose to fast from that during Lent. It could be food like chips, or it could be an activity like watching TV. It could even be a 'luxury' like a magazine you buy regularly. Use the time you save to pray for Traidcraft's work around the world and focus on God's will. Donate the money you save to Traidcraft Exchange. You can order free collection boxes here: [www.traidcraftshop.co.uk](http://www.traidcraftshop.co.uk). You can also donate online at [www.traidcraft.org.uk/donate](http://www.traidcraft.org.uk/donate).

### Prayer

Lord,  
Thank you that you hear us when we cry out to you.  
Thank you that you forgive our sin and heal our pain.  
Help us to be living sacrifices and give you our entire lives,  
not just what we have to spare.  
May we go without  
so that all your children can have enough to eat.  
Amen

## Lenten reflections

### Week 4: Jayaraman and Jaya's story



Jayaraman and his wife Jaya work at Sri Sivam Pottery (SIPA), near Pondicherry in South-East India.

Before working at the pottery Jayaraman was a farmer. He worked long hours but struggled to earn enough to support his family.

Although the tradition is for the wife to move in with the husband's family when they marry, Jayaraman moved to the area where his wife was living. He joined her in working at SIPA, a small fair trade organisation, where he paints designs on pots.

Since starting at SIPA, Jayaraman's earnings have doubled. He can now afford food, shelter, education and healthcare for his family.



Photo: Richard Else

**Jayaraman and Jaya with their daughter Jayasri.**



Photo: Richard Else

**Jayaraman making pots.**

"My father and mother live 50 kms from here and I give them some money. I am also saving for my children", he says.

SIPA also provides other benefits such as interest-free loans and subsidies on school fees. Jayaraman and Jaya have received help to pay for medical expenses and their five-year-old daughter, Jayasri, is able to attend the pottery's school next door.

Traidcraft buys products from SIPA and you can find some of them in our current catalogue. SIPA is also benefiting from Traidcraft Exchange's work to promote fair trade within India, which is providing them with a local fair trade market for their products.



## Lenten reflections Week 4: Reflection, prayer and action: Perseverance

**1** Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.

**2** Let us fix our eyes on Jesus...  
(Hebrews 12: 1 - 2)

Sometimes it's easy to become weary and feel like giving up, especially when faced with the poverty that blights our world. However, God encourages us to press on in our faith, focussing on Jesus and living in obedience to his will even when it's tough. We're not on our own and God will give us the strength we need to run a godly race (See Matt 11: 28 - "Come to me, all you who are weary and burdened, and I will give you rest .")

- Think of something you achieved that required an investment of effort over time. It may be that you learnt a new skill, brought up a child or helped a friend through a crisis. What would have happened if you had given up?
- If you're feeling weary and burdened, take some time to pray for God to restore your strength and enthusiasm.
- **Take action** - Why not commit to becoming a fair trade church? One of the things you can do is make sure all the refreshments you serve are fair trade. It's easy to set up a refreshments account with Traidcraft and it means that you can keep on fighting poverty throughout the year while stocking up on essentials like tea, coffee, sugar and biscuits! See the guide at the end of this pack for more details.



Photo: Richard Else

Painting a pot.

### Prayer

Lord,  
We know that the battle to end poverty will not be won overnight.  
But help us to keep fighting, knowing that we are making a difference.  
Thank you that we can bring our burdens to you.  
Forgive us for trying to carry them with our own strength.  
Help us to make a commitment to helping others and please sustain us when we feel like giving up.  
Amen

## Lenten reflections Week 5: Gregorio and Concepcion's story



Gregorio and his wife Concepcion have seen great improvements in their life over the last few years. They work for Crisil, a fair trade group in Cochabamba, Bolivia, which produces handmade glass products, such as wine glasses and jugs.

Before working at Crisil, Gregorio worked in a similar factory in La Paz but he often didn't get paid for the work he did.

"Sometimes, owners of other places do not have money to pay every week... sometimes the factory gave us the amount of pay in glass and asked us to go and sell it...at that time we were working only to eat because there was no possibility of saving any money", he says.

Concepcion used to be a street seller. It was very hard work for very little income. Now the couple work for Crisil they get better wages and a more secure income.



Photo: Carlos Garcia Granthon

**Concepcion working in the glass factory.**

The regular income the couple receive has helped them to build their own home, which they share with their four children and six other family members. They also have electricity which reflects the good wages they receive from Crisil.

The priority for Gregorio and Concepcion is now saving to provide a good future for their children. Concepcion said: "We would like our children to study as much as they can."

Support from Traidcraft has enabled Crisil to develop improved products. A wide range of Crisil glassware is available in the Traidcraft catalogue.

## Lenten reflections Week 5: Reflection, prayer and action: Justice

**23** The LORD detests differing weights, and dishonest scales do not please him. (Proverbs 20: 23)

God is a fair judge and he expects his people to act with honesty and integrity in relation to each other. A world where some prosper at the expense of others is not what God desires. God does not show favouritism - "He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous." (Matt 5: 45). God has given the earth and everything in it to mankind as a whole and we are to share the resources we have so that everyone has enough.



Photo: Carlos Garcia Granthon

**Gregorio and Concepcion with their three children outside their new house.**

- How did Jesus respond to people who swindled others? Reflect on Matt 21: 12 – 13.
- Are there any areas where you are tempted to 'short change' people? There are many ways we can be unfair to people and act unjustly. Have you maligned someone's character? Have you bought goods that were produced in a sweat shop? Have you got a 'bargain' at someone else's expense?
- **Take action** – Campaign with Traidcraft to help make trade fairer. The UK Competition Commission has found supermarkets guilty of exploiting overseas suppliers and has recommended a stronger Code of Practice for supermarkets and an independent watchdog to enforce the rules. Traidcraft is campaigning to make sure that supermarkets and the government act to make the watchdog a reality - and we need your help. Sign our online pledge here: [www.traidcraft.co.uk/campaign](http://www.traidcraft.co.uk/campaign) You can also order postcards to urge decision-makers to give poor producers a fair deal.

### Prayer

Lord,  
Forgive us for taking more than our fair share of the world's resources. Help us to be responsible in the way we spend our money and our time. Help us to speak up against injustice and treat others fairly.  
Amen

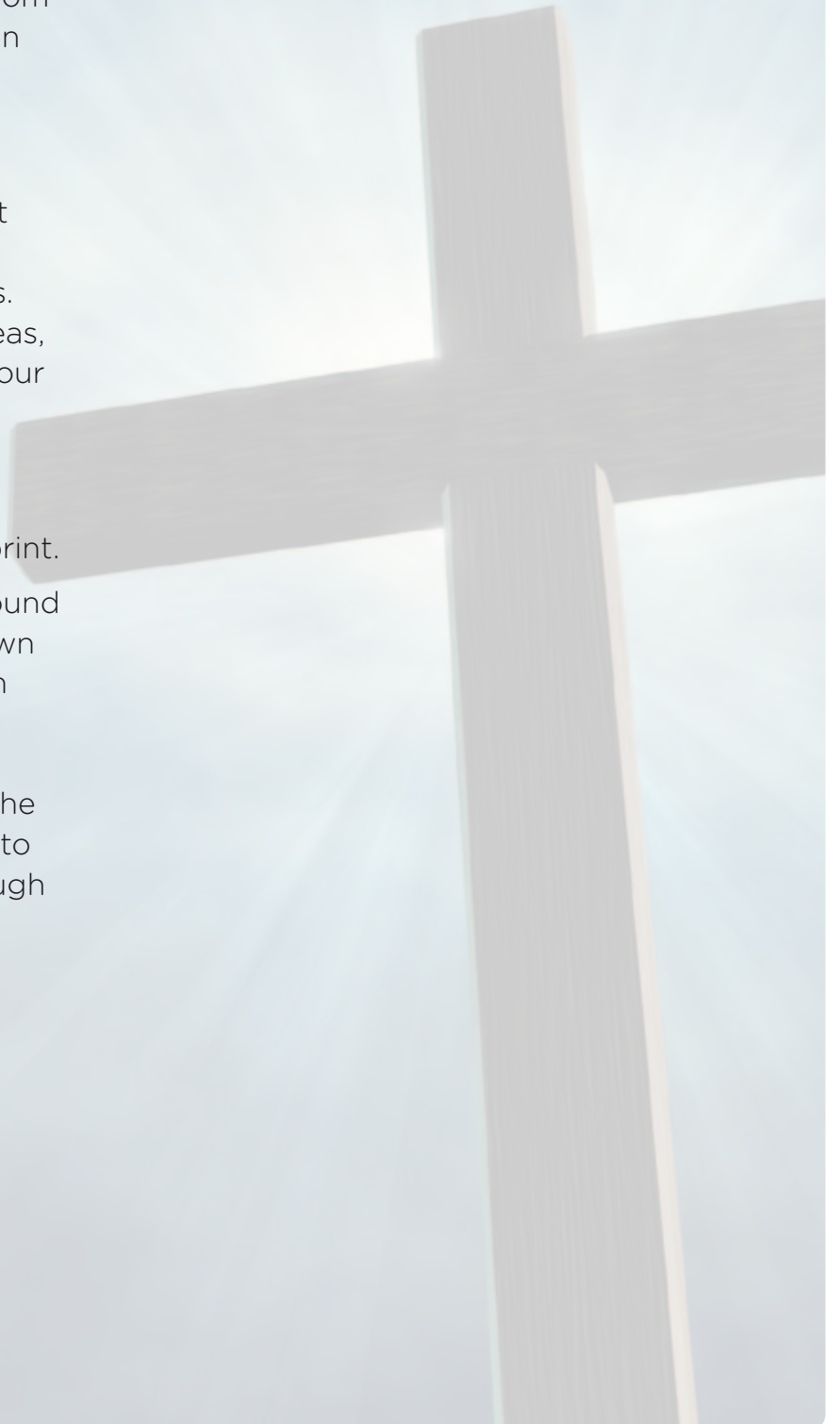
## Good Friday service

This is a reflective service based on six prayer stations. At five of the stations there will be a symbol, a photo and quote from a producer, a gospel reflection about Jesus' ministry, and a prayer. The final station is focussed on the cross.

Feel free to be creative about the symbol you choose to represent each of the themes. We have suggested some ideas, but you may come up with your own.

Make sure you download the accompanying pdf with the producer photos for you to print.

Encourage people to work round the prayer stations at their own pace, reflecting on what each symbol represents in Jesus' ministry and thinking about what it means for us today. The prayer stations are designed to be visited in any order, although people may want to visit the cross last.



## Water

**Symbol:** A bowl of water and a towel. People could dip their fingers in the water as they pray and reflect.



Photo: Richard Else

**Traidcraft producer:**

Josses Mwinaka, son of a tea farmer, Kibena, Malawi. Josses (aged 9), a pupil at Lihogosa Primary School, fetches water from one of the pumps which provide Kibena workers and their families with fresh water. The pump was built using the Fairtrade premium in 2001.

## Prayer

Dear Father,  
Thank you for the essentials of life that we take for granted.  
We thank you for instant access to fresh water for drinking, washing and sanitation.  
Help us not to waste this precious gift.  
We pray for all those who do not have access to clean, safe water.  
Help us to invest in their lives so that they don't have to suffer from thirst and disease.  
Thank you that you give us the living water of eternal life so that we never need to be spiritually thirsty.  
Help us to come to you and drink deeply.  
Cleanse us so that we will be clean, and help us to lead others to the well of your salvation so they too can drink.  
Amen.

## Gospel reflection:

### Living water (John 4: 10 - 14)

**10** *Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water."*

**11** *"Sir," the woman said, "you have nothing to draw with and the well is deep. Where can you get this living water?"* **12** *Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his flocks and herds?"*

**13** *Jesus answered, "Everyone who drinks this water will be thirsty again, **14** but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life."*

Jesus offers us the water of life – that is the Holy Spirit and its fruits. Just as water is necessary for physical life, so the Holy Spirit is necessary for our spiritual life. We need never be spiritually thirsty, dissatisfied or unfulfilled if we keep allowing God to fill us with the Spirit.

- Reflect on what it feels like to be physically and spiritually thirsty.
- Think about the difference between a well, which dries up, and a spring, which flows continually.
- Ask God to fill you with his Spirit so that you will not thirst.

## Food

**Symbol:** A staple food like a bowl of rice, fruit or something local like potatoes. People could take a grain of rice with them to remember to pray for Thuy Thi Nguyen and her family.



Photo: Richard Else

**Traidcraft producer:**

Thuy Thi Nguyen, rice farmer and weaver who is part of a village craft group benefiting from Traidcraft's development work in Vietnam.

*"My weaving is very important. It helps me buy food and send my children to school."*

## Prayer

Lord, thank you for the food on our tables.  
Thank you that we don't have to worry about having enough to eat.  
Help us not to waste food in a world where millions are starving.  
Help us to remember those in the developing world who struggle to provide the essentials for their families.  
Many of them have to spend 80% of their income on food,  
and a drop in income means they go hungry.  
Help us to make sure they get a fair return for their work,  
so that they can provide for themselves and their families with dignity.  
Thank you that you are the bread of life.  
Sustain us and nourish us so that we will grow in faith and reach out in faith to others.  
Amen.

## Gospel reflection: Jesus the bread of life

(John 6: 33 - 14)

**33** *"For the bread of God is he who comes down from heaven and gives life to the world."*

**34** *"Sir", they said, "from now on give us this bread."*

**35** *Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty."*

Jesus declares that his promise of life is for the whole world, not just one nation or people. Just as bread sustains physical life, so Jesus is the bringer and sustainer of spiritual life.

- £10 billion worth of food (a third of what we buy) is thrown away in Britain each year. Think about the Western attitude to food. Do we take food for granted?
- Imagine what it would be like to be really hungry and unsure of where your next meal is coming from.
- Do we know people who are spiritually hungry? How can we help them to receive the bread of life?

## Education

**Symbol:** A notebook and pencil case. People could write prayers in the book.



Photo: Shailen Parker

**Traidcraft producer:**

Siji Jose, a tea farmer with Sahyadri Tea Farmers, India. Selling her tea on Fairtrade terms through the Sahyadri Tea Farmers Consortium helps Siji to get a good price for the tea, which means

she can send her children to school and put food on the family table.

*“My church life is important to me. I am a Sunday School teacher and I am teaching Standard 1.”*

## Prayer

Father God,

We are thankful for the free education that we receive in this country.

Thank you for our teachers and lecturers, our schools, colleges and universities.

We pray for all those who do not have the educational opportunities we enjoy.

We pray for children around the world whose families are too poor to send them to school.

Lord, thank you that you are the best teacher of all.

Help us to follow you teachings.

In your wisdom you say -

it is better to give than to receive,

it is better to love than to hate,

it is better to forgive than to hold a grudge.

Father, help us to learn from you and live

by your wisdom.

Amen

## Gospel reflection: Sermon on the mount

(Matt 5 - 7)

**1** Now when he saw the crowds, he went up on a mountainside and sat down. His disciples came to him,

**2** and he began to teach them...

(Matt 5: 1 - 2)

**28** When Jesus had finished saying these things, the crowds were amazed at his teaching,

**29** because he taught as one who had authority, and not as their teachers of the law.

(Matt 7: 28 - 29)

Matthew 5 - 7 contains some of the most famous teaching in scripture. Jesus teaches about moral behavior such as murder and adultery; love, forgiveness, evangelism, giving, prayer, fasting, heaven, worrying and judging, among other things. Jesus was able to teach with authority because he is the law giver and the fulfillment of the law. He created people to be in relationship with God and he lived the perfect life so that we could have that relationship restored.

- Are there any biblical teachings that you find difficult to accept? Why is that? How do you think God wants you to respond?
- Think about one of your teachers from school. What did you learn from them? How has that helped you in life?
- Imagine what your life would be like if you'd never learned to read or do simple sums. Imagine life with no books, magazines, calculators, computers or even mobile phones.

## Health

**Symbol:** A box of plasters, stethoscope etc. A chart showing the number of people per doctor in the UK compared to Tanzania. (There are approx 440 people per doctor in the UK, compared to a staggering 50,000 in Tanzania)



Photo: Richard Else

**Traidcraft producer:** Beekeeper Stephen Maganga, Tabora, Tanzania. Traidcraft Exchange's Bee Fair project aims to re-establish beekeeping as a profitable way of life in Tabora, through enabling beekeepers to find new routes to market and get a fair deal for their honey.

*"With the money from honey I provide food for my family, as well as health care and school fees. There are 11 in my family, including me and my wife. We have nine children."*

## Prayer

Dear Lord,  
We praise you that you are the God who heals.  
Thank you for the skill and care of doctors and nurses and all those who look after us when we're ill.  
Thank you that we enjoy free healthcare in this country.  
We pray for all those who suffer from preventable diseases that could be cured for a few pence that they don't have.  
We pray for those who don't have access to healthcare just because they're poor.  
Help us to help them by giving generously and spending our money wisely.  
Thank you Lord that you care about spiritual health as well as physical health.  
Cleanse us from the sin of selfishness, heal us and help us to bring healing to others.  
Amen

## Gospel reflection: Jesus heals a paralytic

(Mark 2: 1 – 12)

**9** Which is easier: to say to the paralytic, 'Your sins are forgiven,' or to say, 'Get up, take your mat and walk'?

**10** But that you may know that the Son of Man has authority on earth to forgive sins . . . . He said to the paralytic,

**11** I tell you, get up, take your mat and go home.

**12** He got up, took his mat and walked out in full view of them all.

This is just one of many reports in the Bible of Jesus healing people. Death and disease are results of living in a fallen world, but Jesus comes to heal and restore not just our physical bodies but also our spiritual relationship with God. In this passage, he demonstrates that the man's greater need is to have his sins forgiven, but in his compassion, Jesus restores the man to full physical and spiritual health.

- Is there anything in your life that you need Jesus to heal?
- Reflect on the services of the NHS. Do we take it for granted? Do we complain when we should be grateful?
- Think about what it must be like to be too poor to pay for medicines for your family.



## Shelter

**Symbol:** A set of house keys, or a model/picture of a house. You could make a collage of pictures showing different houses from around the world.



Photo: Richard Else

**Traidcraft producer:**

Echamma Pujari is a coffee farmer with Small & Marginal Tribal Farmers Mutually Aided Cooperative

Society (MACS), India. More than 5,700 tribal farmers are members of MACS and Traidcraft is their first Fairtrade buyer. The coffee project is designed to improve incomes to coffee farmers through collective organisation, organic farming and marketing.

*“We are able to get a good price. We have bought one new cow and we are building a good house with the coffee money.”*

## Prayer

Dear Lord,

Thank you for our homes that provide us with shelter and security.

We are blessed to have roofs over our heads and a place to call our own.

Help us to find our ultimate security in you so that we can hold material things lightly and give up what we have to serve others.

We pray for all those who do not have somewhere safe to live:  
those in poverty,  
those in war zones,  
those in refugee camps,  
and those in our own country who have fallen on hard times.

Help us be prepared to make sacrifices so that we can bring comfort and shelter to others.

Amen.

## Gospel reflection: The cost of following Jesus

(Matt 8: 19 - 20)

**19** Then a teacher of the law came to him and said, “Teacher, I will follow you wherever you go.”

**20** Jesus replied, “Foxes have holes and birds of the air have nests, but the Son of Man has no place to lay his head.”

Sometimes we are tempted to think that following Jesus will guarantee us a comfortable existence with a nice house, job, car, etc. However, if we really want to follow Jesus, we have to be prepared to pay the cost. It is true that God provides good things for his children, but far more important is that we develop a vital faith and an obedience to his will. We need to remember that Jesus was placed in a food trough when he was born and did not live in a palace, even though he was - and is - a king.

- Reflect on the material blessings that God has given to you. Is your home somewhere where Jesus is Lord?
- Remember that everything we have belongs to God and he is lending it to us to use for his purposes. Are there times when you are tempted to hold on too tightly to material things?
- Do you spend too much time and money improving the comfort of your own home? Are there things you could give up so that shelter can be provided for others? Could you offer hospitality to those in need of somewhere safe to stay?

## The Cross

**Symbol:** A small wooden cross or a picture of the cross. Some large nails.



## Prayer

Lord Jesus,  
Thank you for dying on the cross for  
our sins  
and to restore a broken world.  
Thank you that the good news of  
eternal life in you  
is for all people regardless of status,  
wealth, age, education, gender,  
nationality or background.  
Help us to pick up our crosses and  
follow you  
knowing that the cost is worth it.  
Help us to live lives of service to you  
and service to others.  
Help us to be loving and generous to  
our neighbours around the world.  
In your name.  
Amen

## Gospel reflection: Jesus' sacrifice

(Mark 10: 43 - 45)

**43**...whoever wants to become great among you must be your servant,

**44**and whoever wants to be first must be slave of all.

**45**For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."

In many ways, Jesus is not the kind of leader you would expect. Many were eagerly anticipating a military leader who would use his might to overthrow the corrupt Roman government. Yet that is not the way of God's Kingdom, where the first will be last and the last will be first. Jesus taught that, in order to be great, we must serve others. And he demonstrated this in the greatest act of service there has ever been - the giving of his life on the cross so that we could live.

- Reflect on what Jesus' sacrifice means for us. Think about the pain of overwhelming sin and physical trauma that he endured so that we might be forgiven. Respond with your own words of gratitude.
- Reflect on what it means for the first to be last and the last to be first. (See Matt 19: 28 - 30). Who is seen as 'first' in our culture? Who is seen as being at the bottom of the pile, both locally and globally?
- Is there any area of your life where you are tempted to put yourself above others?

## Children's and Young People's Activities

**Colouring sheets**

At the end of this pack you'll find 3 Easter colouring sheets of biblical scenes. You can use these as simple colouring sheets, or you could be more creative and use them to make a collage with scrunched up sweet wrappers (fair trade ones of course!) or dyed fair trade rice. You can order lots of fair trade products (including sweets and rice) at [www.traidcraftshop.co.uk](http://www.traidcraftshop.co.uk)

### Word Search

There is a photocopyable word search overleaf and the solution is below.

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**Easter word search**

- Lent
- Easter
- Supper
- Jesus
- Cross
- Sins
- Tomb
- Risen
- Alive
- Saves
- Crucify
- Life

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## Easter Egg Hunt

The egg is widely used as a symbol of the start of new life. In the Easter tradition, the egg is seen as symbolic of the grave and life renewed or resurrected.

Traditionally, Easter egg hunts involve hiding real or chocolate eggs of various sizes (inside or outside) for children to find. This is a variation on that idea, also using the Easter egg hunt as a fun way of telling the Easter story.



Put each of the following items in a small bag with a chocolate egg and number them with a marker. (You can buy fair trade chocolate mini eggs from [www.traidcraftshop.co.uk](http://www.traidcraftshop.co.uk)). Hide the bags and then gather the children together and set them off on the hunt. After the children have collected the bags, open them in order, explain what each item symbolises, and use them to share the Easter story (while the children munch the chocolate eggs!). You might want to read the accompanying scriptures.

1. **30 silver coins** - Judas received 30 pieces of silver for agreeing to betray Jesus (Matthew 26:14-16)
2. **Bread roll** - Jesus celebrated the last supper with his disciples (Matthew 26:17-29)
3. **Plastic/Jelly lips** - Judas betrayed Jesus with a kiss (Matthew 26:47-49)
4. **Rags** - The high priest tore his clothes (Matthew 26:62-65)
5. **Feather** - Peter denied Jesus three times before the cock crew (Matthew 26:69-75)
6. **Soap** - The crowd calls for Jesus to be killed and Pilate washes his hands (Matthew 27:22-24)
7. **Thorns** - A crown of thorns was placed upon Jesus' head (Matthew 27:27-31)
8. **Nail** - Jesus was nailed to the cross (John 19:17-19)
9. **Rock** - Jesus' body was placed in a tomb (Matthew 27:57-60)
10. **Sticky tape** - The tomb was sealed after Jesus' body was placed inside (Matthew 27:65-66)
11. **Nothing!** - The tomb was empty after Jesus had risen (Matthew 28:1-9)

Give a prize for the largest number of eggs collected. The new Traidcraft catalogue has some chocolate lambs and chickens which would make great gifts for children.

See [www.traidcraftshop.co.uk](http://www.traidcraftshop.co.uk) to order.

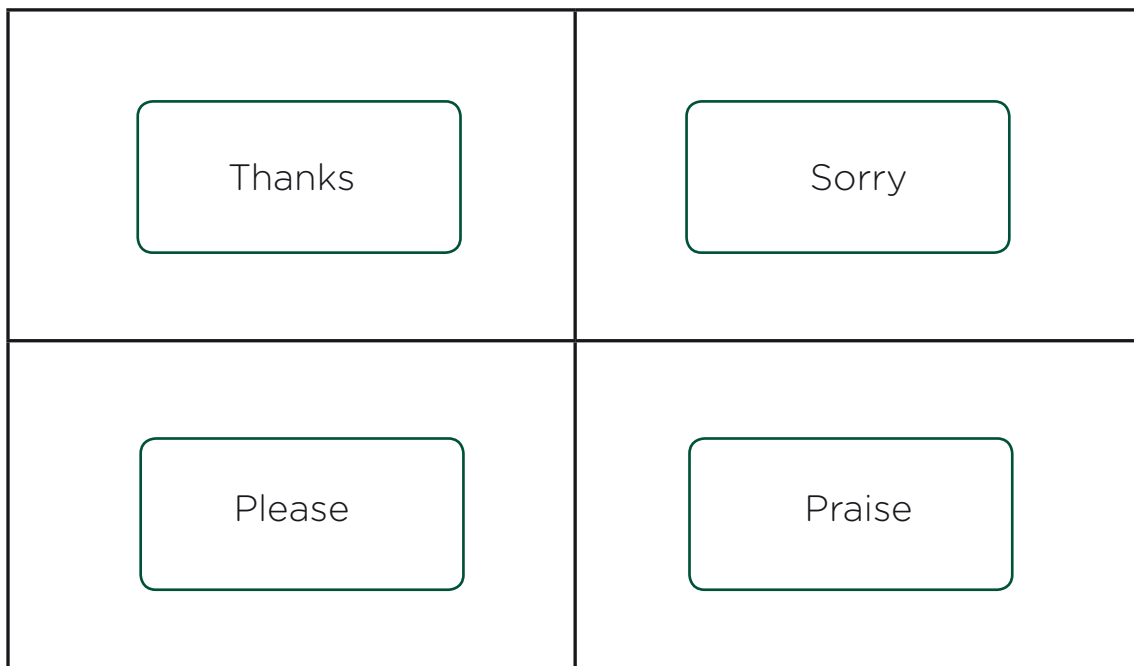


## Event Ideas

### Prayer zones

At Easter we celebrate the fact that Christ died on the cross as the payment for our sins, and because of this we can enter into a relationship with a God who is alive, who is with us and will never leave us. Prayer is an opportunity to be in relationship with this living God. It is not about duty or obligation; rather it flows out of gratitude for what he has done for us.

Using masking tape, draw out a large square on the floor. This needs to be large enough for everyone to stand in comfortably. Divide this square into four smaller squares and place a piece of paper in each square with the words “Thanks”, “Sorry”, “Please” and “Praise”.



Play quiet music and encourage people to move between the squares and pray for those different themes. You could use the case studies in this pack as a focus for your prayers.

- Thanks - thanking God for what he's done and what he's given us.
- Sorry - saying sorry to God for those things we've done wrong, or those things we've failed to do and asking for forgiveness.
- Please - asking God for his help to live more like him, and praying for the needs of others.
- Praise - acknowledging God's greatness and proclaiming who he is.

## Ascension Day

The Ascension celebrates the day when Jesus ascended into heaven after his resurrection. Traditionally Ascension Day is celebrated 40 days after Easter Sunday, although many churches celebrate on the Sunday after Easter.

## Kite flying picnic

In the small island of Bermuda, the most notable feature of the Easter celebration is the flying of kites. It is said that a Sunday school teacher was having a difficult time explaining Christ's ascension to his class. Finally he had an idea. He took his class to the beach, where he launched a large kite on which he had painted a picture of Christ. He let it rise higher and high into the sky until it floated into the clouds. Ever since that day the people of Bermuda have flown kites on Good Friday as a way of looking ahead to the power and joy of Jesus' resurrection and ascension. You could use the same idea as a fun way of explaining the Ascension to your Sunday school classes.

Why not arrange a church picnic at a local park or the beach? Encourage everyone to bring kites to fly, as well as food to share. Ask people to bring as many fair trade items of food as possible. A full range is available at [www.traidcraftshop.co.uk](http://www.traidcraftshop.co.uk)

When everyone has eaten, hold a kite flying competition and give a fair trade prize to the person who can get their kite the highest, or keep it in the air the longest.

Chocolate is always a popular prize and Traidcraft stocks a wide range.

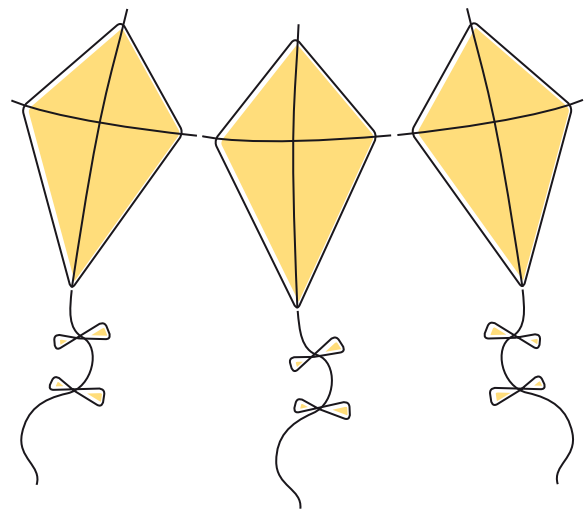


## Prayer kites

Staying with the kite theme, why not encourage people to make mini-kites. These could be decorated with drawings, paintings and collages on a fair trade theme.

Visit [www.traidcraftshop.co.uk](http://www.traidcraftshop.co.uk) for inspiration and information about Traidcraft's work.

Encourage people to write their prayers on the back. These could then be hung around the room like bunting.



## Directory of actions

There are lots of easy ways to get involved with the work of Traidcraft and make a real difference to the lives of producers around the world. Here are some ideas:

- **Refreshment account:** Open a Traidcraft refreshment account for your church. Easy ordering via the web, telephone or post; up to £200 of credit; free carriage on all orders over £50. Download an application form at [www.traidcraft.co.uk/refreshments](http://www.traidcraft.co.uk/refreshments) or call **0870 444 1543**.



- **Become a Fair Trader:** Make a real difference to the lives of the poor by selling Traidcraft products in your church. With a turnover of only £500 a year you will enjoy between 10 to 15% discount and extended credit. Download an application form at [www.traidcraft.co.uk/fairtrader](http://www.traidcraft.co.uk/fairtrader) email [fairtrader@traidcraft.co.uk](mailto:fairtrader@traidcraft.co.uk) or call **0870 444 1543**.
- **Mail order/online:** Browse the UK's largest range of fair trade products on our top-rated website and in our award-winning catalogue. Go to [www.traidcraftshop.co.uk](http://www.traidcraftshop.co.uk) or order your copy of the catalogue on **0191 491 0591**.
- **Support Traidcraft Exchange.** Traidcraft Exchange is the only UK development charity devoted exclusively to fighting poverty through trade. Your support is vital to our work. To make a donation and to find out more about different ways you can give, visit [www.traidcraft.org.uk/giving](http://www.traidcraft.org.uk/giving) or call **0191 497 6445**.

- **Buy a 'Gift for Life':** 'Gifts for Life' are alternative gifts that will bring joy to a friend or relative and transform the lives of people living in poverty who are working to build better lives through trade. Go to [www.giftsforlife.org](http://www.giftsforlife.org) to find out how.
- **Use your event to fundraise for Traidcraft Exchange.** Use the event ideas in this guide or see the fundraising ideas below. You can also visit [www.traidcraft.org.uk/events](http://www.traidcraft.org.uk/events) to find out more about our fundraising events.

- *Hold a collection* - Ask people for a donation, leave out some collection boxes or suggest a donation for a cup of coffee.
- *Fundraise online* - Set up a justgiving page and ask people to donate online. To set up a justgiving page, visit [www.justgiving.com/traidcraft/raisemoney](http://www.justgiving.com/traidcraft/raisemoney)
- *Hold a quiz* - Hold a pub-style quiz and collect a donation from everyone taking part. Download our quiz from our website.
- *Hold a wine and cheese evening* - Download the tasting notes from our website to accompany Traidcraft's wide range of fairly traded wines.

Don't forget to take advantage of Gift Aid. If you can, please do encourage your guests to fill out their address details on the donation form so we can claim Gift Aid, worth 28p/25p for every £1 given.



- **Campaign with us:** Unjust trade rules and practices keep millions trapped in



poverty. Get your church involved in Traidcraft campaigns - and help change the way the world trades. Go to

[www.traidcraft.co.uk/campaign](http://www.traidcraft.co.uk/campaign)

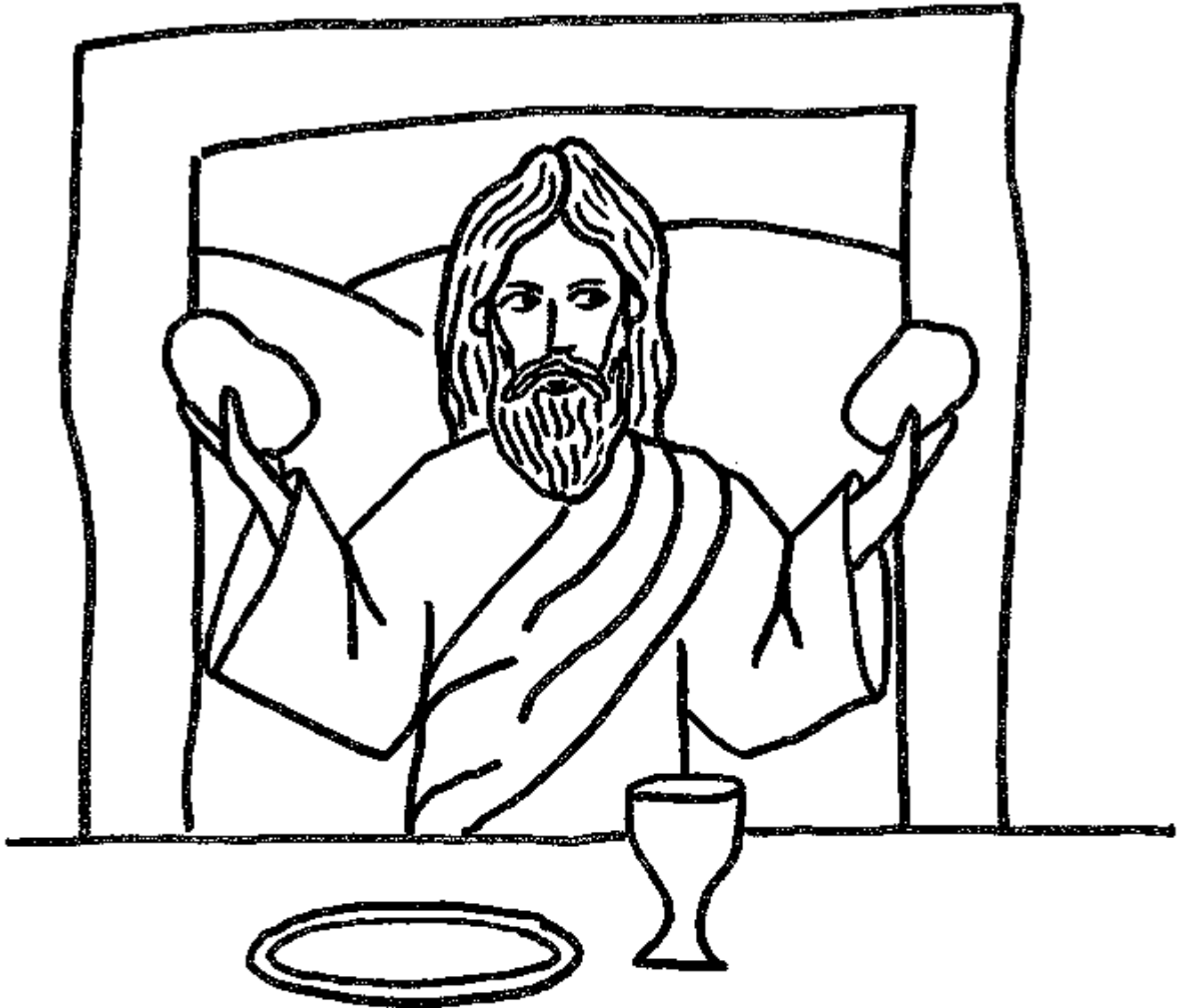
- **Book a speaker:** Traidcraft has a nationwide network of speakers who can enthuse your group with a fascinating presentation on the latest developments in fair trade. Call **0191 497 6418** or e-mail [speakers@traidcraft.co.uk](mailto:speakers@traidcraft.co.uk)
- **Online resources:** Worship resources, preaching notes, briefing papers - you'll find them and more at [www.traidcraft.co.uk/church](http://www.traidcraft.co.uk/church)
- **Meet The People Tours:** Want to see at firsthand the positive impact fair trade is making? Meet some Traidcraft producers and experience a holiday that will be "totally different from anything you have done before." To request a brochure or find out more, call **0870 444 1774** or go to [www.traidcraft-tours.com](http://www.traidcraft-tours.com)

## Get in touch!

We'd love to know what you think about these resources and the other church packs available. Have you used some of the ideas? Have they helped you raise awareness of fair trade, raise donations or boost sales? Is there anything else you would like to see?

Send us details and photos of your events and we may feature them on the website or in future packs!

Contact PR and Communications on [comms@traidcraft.co.uk](mailto:comms@traidcraft.co.uk) or **0191 497 6462**.



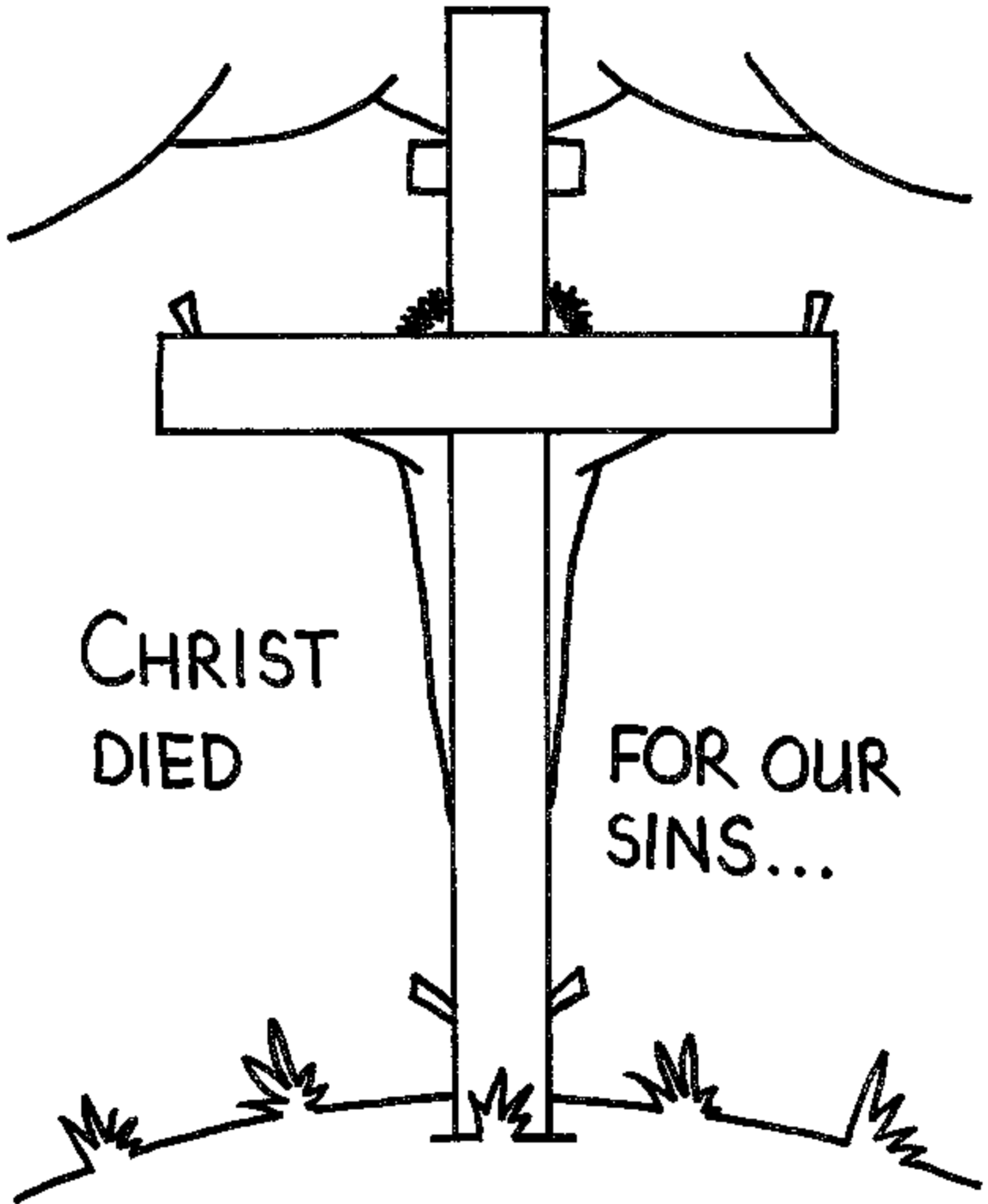
THIS IS MY BODY  
GIVEN FOR YOU

**Luke 22:19**



HE IS  
RISEN

Mark 9:9



**1 Corinthians 15:3**