

What is Commitment for Life?

Commitment for Life is the URC's global justice programme.

Commitment for Life

Life-giving Faith | Defiant Hope | Generous Love

What do we do?

Commitment for Life helps local congregations to walk the way of Jesus. Christ overturned many things that caused suffering: things like hunger, sickness, poverty and debtors' prisons. We see how Jesus was "moved by compassion" (Matthew 14:14, Matthew 20:1-16). Like Jesus, we also want to show compassion and work for justice. Our hero partners are Christian Aid and Global Justice Now. Together, we show the love of Jesus in practical ways. We focus on things like poverty, injustice, the effects of climate disruption. For example, Global Justice Now wants everyone, especially the very wealthy, to pay their fair share of tax. So, we call on our government to make just laws. Also, Christian Aid helps children, women and farmers who face climate disruption. We help them by walking the way of Jesus, and by working alongside our sisters and brothers.

What can we do?

We can do three things.

1. We can learn more about the problems facing the poorest people. We listen to the stories told by our partners and learn about the issues.
2. We can pray. You can use the prayers we provide or your own. Ask God to send the Holy Spirit to bring about justice.
3. We can act by working for justice. We can use our voices and write to our MP's. We can join in the campaigns hosted by Christian Aid and Global Justice Now. We can speak up at school, work, in church and online. We can share our gifts and money. Your gifts will support the people in our partner regions. Learn more by going to www.bit.ly/URCFL.

Which countries and regions do we support?

Through our hero partner Christian Aid, we support four regions:

- Bangladesh
- Israel and the Occupied Palestinian Territory
- Zimbabwe
- Central America: El Salvador, Honduras, Guatemala and Nicaragua



You can find out more about the brilliant work of our hero partner Christian Aid at www.christianaid.org.uk and www.christianaid.org.uk/schools/our-work-young-people. You can find out more about the work of our other hero partner Global Justice Now and the campaigns they support at www.globaljustice.org.uk/youth. You can find out about the work of Fairtrade at www.fairtrade.org.uk

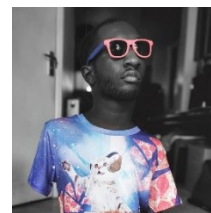


Examples of young heroes

Greta Thunberg

"You are never too small to make a difference"

At the age of 15, Greta Thunberg started protesting outside the Swedish Parliament in Stockholm while holding a sign reading "Skolstrejk för klimatet" which translates as "School Strike for Climate." She was joined by other school children, who began to protest in their local areas. The strikes grew into a global movement against climate change, known as Fridays for Future www.fridaysforfuture.org.



Isaac Harvey

Isaac Harvey is a videographer and president of Wheels and

Wheelchairs. He uses his voice to campaign on social justice issues including fair disability perception, mental health awareness and climate justice.

You can listen to him on this episode of 'The Advocado Podcast' from the Christian Aid Collective: open.spotify.com/episode/3VPngdmF5mf816sxShyf0Q
Follow Isaac on Instagram - www.instagram.com/iamisaacharvey/
www.wheelsandwheelchairs.co.uk



Henry Stapleton

Henry Stapleton used his keen interest in streetlights to make a big difference for a community in Free Town, Sierra Leone. After creating a booklet about streetlights and creating Henry's Lamppost Appreciation Society, he heard

about a community in Sierra Leone who had no access to electricity or streetlights. Henry held a cake and biscuit sale at his local church and raised money to purchase a solar lamp for the village. He is a recipient of the URC Lundie Award. Read about Henry and more of our URC young heroes on www.urc.org.uk/news-from-the-lundie-memorial-award

Become a young Commitment for Life hero

It's not fair - roll the dice game.

Aim: To illustrate the theme of injustice and the need to help each other out of unfair situations.

You will need: a normal dice and one with only fives and sixes on it for each pair.
You will have to make a special dice by covering a cube with stickers and adding your own spots. Make three sides with five spots and three sides with six spots.

How to play:

In pairs, one has the ordinary dice and one the special dice. Both roll their dice five times. The person with the highest score wins.

Discuss:

Who won, why, how the loser felt and how the game could be played more fairly. Is this like real life?

To do: How do you think you could help these workers?

Think about the lovely clothes you purchase from well-known High Street retailers such as Primark and H&M etc. Did you know many of these clothes are made in Bangladesh by people working in poor conditions and on low wage. Is this fair?

When out shopping, look out for Fairtrade produce eg bananas, coffee, chocolate and be encouraged to purchase it.

For further discussion and action: to be a hero opposed to a villain.

We live on an awesome planet that's full of amazing animals, birds, fish, naturally formed landscapes, coral reefs, mountain ranges, seas, planets and countryside. However, due to climate disruption this is gradually being destroyed.

- In your family groups, schools, clubs, discuss how you can be creative in reusing household items, especially single use plastic so they don't end up on landfill tips.
- Use an online carbon footprint calculator to see how much carbon dioxide your actions release. Then take steps to change your ways help save the planet eg:
 - * Walk or ride your bicycle to school
 - * Turn off devices which use electricity rather than leave them on standby
 - * When feeling a bit cool, put on a jumper, rather than turning up the thermostat
 - * Eat more vegetables and less red meat or commit to one meat free meal each week
 - * Take a shower rather than a bath and turn the tap off when cleaning your teeth
 - * Take a holiday in this country rather than fly overseas
 - * Recycle your clothes or purchase them from a charity shop rather than buy new
 - * Watch the news or read the paper for items reporting social injustice and write to your MP.
- Discuss with the Elders of your church how your congregation can become an eco-church.
www.ecochurch.arocha.org.uk



FAIRTRADE
INTERNATIONAL