

LIVING STREAMS

Committed giving to
persecuted Christians

Sustain a family
with food



“The Lord does not let the righteous go hungry” (Proverbs 10:3)

“God answered our prayers,” said **Azeem Daniel**, after his family was accepted on a Barnabas feeding programme. “This will help our next generation to get out of the dark pits of poverty.”

Azeem, from northern Pakistan, looks for work every morning as a daily labourer, and is always unsure what his income will be, if any. “There are days when I do not find any work and in situations like these it’s very difficult,” he said. Not knowing week to week whether they could afford to feed their family, Azeem and his wife used to pray constantly for God to change their lives.



Azeem says the monthly food parcels will help his children “out of the dark pits of poverty”

The couple were thrilled to gain help from a Barnabas Fund feeding programme, which distributes parcels of basic food items through local churches to poor Christians every month. It means families can focus on other needs, such as household bills, essential repairs, or paying for children’s schooling. Azeem and his wife plan to prioritise their children’s education, so they can escape the cycle of illiteracy and poverty.

Sonia Yousaf, who lost her husband to cancer in 2017, was struggling to earn enough as a maid to feed her three children and buy medicine for her diabetic son, Jason. Monthly food parcels have transformed the family’s situation. Sonia can now afford the vital medication and feels motivated and supported as a single working mum. “I don’t have to worry about food, I can just focus on [Jason] and my energy can go somewhere else,” she said.

As a persecuted minority, Pakistani Christians are often forced to take the lowliest of jobs, working as street cleaners, sewer



“This food programme gives me motivation and incentive throughout the month,” says widowed Sonia

workers, domestic maids, or rubbish collectors. Many are daily labourers and have no guarantee of finding work.

Monthly parcels contain staple food items like rice, flour, sugar, lentils, chilli, salt, cooking oil and tea and cover around 50% of a family’s food needs. It means families have some money left over from their earnings to send children to school, pay for medical treatment, or essential home improvements like installing a front door or a water pump.



barnabasaid
hope and aid for suffering Christians

barnabasfund.org/livingstreams

“Streams of living water will flow from deep within the person who believes in me” (John 7:38)

By joining Living Streams you can become part of a continuous life-flow helping Christians living with pressure and persecution around the world. One impactful and enduring way to do this is to sustain a Christian family living in severe poverty with a monthly food parcel. This will mean they never have to go hungry, and also brings positive change to many other areas of their lives.

If you give a regular monthly gift, we will send you a prayer card with a photograph and details of the family you are **sustaining**, as well as regular news updates. The cost of a monthly food parcel in Pakistan is **£20**. But you can join Living Streams and help **sustain** a family by giving any regular amount, large or small.

Unfortunately, we cannot normally arrange for the exchange of letters between you and the family. This is due to security issues in regions of persecution, and so that we can keep administration costs down and maximise the help given to the family.

To **sustain** a family with monthly food parcels you can visit our website **barnabasfund.org/livingstreams**

For further information about Living Streams contact the Barnabas Aid Sponsorship Team at: The Old Rectory, River Street, Pewsey SN9 5DB, email sponsorship@barnabasfund.org, phone 01672 564938.

Project reference 41-331

Last year Barnabas Aid’s regular feeding programmes assisted 80,681 Christians in 10 countries. We also fed 203,516 disaster victims in 6 countries.



I want to join Living Streams and give to sustain a family with monthly food parcels:

Title..... Name.....
 Address.....
 Telephone..... Email.....
 Postcode.....

HERE IS MY SINGLE GIFT:
 £.....
 (please make cheques/vouchers/postal orders payable to "Barnabas Aid")
 I do not require an acknowledgement of this gift

To make a donation by debit or credit card please phone 0800 587 4006 or visit our website www.barnabasfund.org.

GIFT AID DECLARATION
 (Applicable to UK tax payers only)
Boost your donation by 25p of Gift Aid for every £1 you donate
 Gift Aid is reclaimed by the charity from the tax you pay for the current tax year.
Your address is needed to identify you as a current UK taxpayer, please fill in the address section at the top of the page.
In order to Gift Aid your donation you must mark the box below:
 I want to Gift Aid this donation and any donations I make in the future or have made in the past to: **Barnabas Aid.**
 I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.
Please notify Barnabas Aid if your circumstances change.
 If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

I WOULD LIKE TO GIVE REGULARLY THROUGH MY UK BANK
 A direct debit can be set up either by completing the form below, by telephoning 0800 587 4006 or by going to our website.
 £..... (amount in words).....
 Please start on **1st/3rd/7th/11th/15th/21st/28th** (delete as applicable) of (month) and then **every month/quarter/year** until further notice. This Direct Debit is a **new one/ in addition to/replaces an earlier Standing Order/Direct Debit** in favour of Barnabas Aid.

DIRECT Debit
 Instruction to your bank or building society to pay by Direct Debit
 Please fill in the whole form in a ball point pen and send to Barnabas Aid Unit 23, Ash Industrial Estate, Kembrey Park Swindon, SN2 8UN
Name and full postal address of your bank or building society
 Service user number
 2 5 3 6 4 5

To: The Manager
 Address
 Postcode
 Name(s) of account holder(s)
 Bank/building society account number
 Branch sort code
 Reference (Barnabas Fund to complete)

Instruction to your Bank or Building Society
 Please pay Barnabas Aid Direct Debits from the account detailed in this instruction subject to the safeguards assured to you by the Direct Debit Guarantees. We warrant that Barnabas Aid and, if so, details will be passed electronically to my Bank/Building Society.
 Signature(s)
 Date

Please return this form to Barnabas Aid and not to your bank. Barnabas Aid will not give your address or email to anyone else. Please send this form to: **BARNABAS AID, UNIT 23, ASH INDUSTRIAL ESTATE, KEMBREY PARK, SWINDON, SN2 8UN**