

# 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 Aid feeding program. “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 laborer, 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 Aid feeding program, 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 prioritize 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 mom. “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,



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

working as street cleaners, sewer workers, domestic maids, or garbage collectors. Many are daily laborers 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**<sup>®</sup>  
hope and relief for the persecuted church

[barnabasaid.org/livingstreams](http://barnabasaid.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 **\$30**. 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 **[barnabasaid.org/livingstreams](http://barnabasaid.org/livingstreams)**

For further information about Living Streams contact the Barnabas Aid Sponsorship Team at: 6731 Curran St. McLean, VA 22101 Email: [usa@barnabasaid.org](mailto:usa@barnabasaid.org) Phone: 703 288 1681

Project reference 41-331

**Last year Barnabas Aid’s regular feeding programs 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.....  
 Zipcode.....

**HERE IS MY GIFT OF \$** .....

Please debit my  Visa  Mastercard  American Express  Discover

Card Number

Expiration Date  /  CVV

Signature.....

I do not require an acknowledgement of this gift

**I/We want to bring hope to the persecuted Church by a recurring gift, to be used:**

Wherever the need is the greatest (General Fund)

Other.....\*(give reference number of project to be supported)

\$ .....(amount in words) .....

My first payment of ..... to cover ..... months is enclosed. Please return this form to Barnabas Aid and not to your bank.

Please start on **1st/11th/21st** of .....(month) and then **every month/quarter/year** (circle as applicable)until further notice.

This Recurring gift is a **new one/in addition to/replaces an earlier Recurring Gift** in favor of Barnabas Aid (circle as applicable).

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, 6731 CURRAN ST. MCLEAN, VA 22101**

\* We reserve the right to use designated gifts for another similar project if the one identified is insufficiently funded.