



# Three for Trees



£63

could provide the  
seeds, tools and  
training to plant and  
grow 3 trees

**This Christmas, challenge your youth group to do three things to raise money, to help families plant life-changing trees in rural Africa.**

For the families we work with, a tree is a sign of joy and hope for the future. A tree can protect the land that's being devastated by climate change and help a family on their journey to grow themselves out of poverty.

**Here's how your group can get involved with Three for Trees:**

**Step 1**

Discover the  
difference a tree  
makes

**Step 2**

Find out what  
the Bible says  
to us

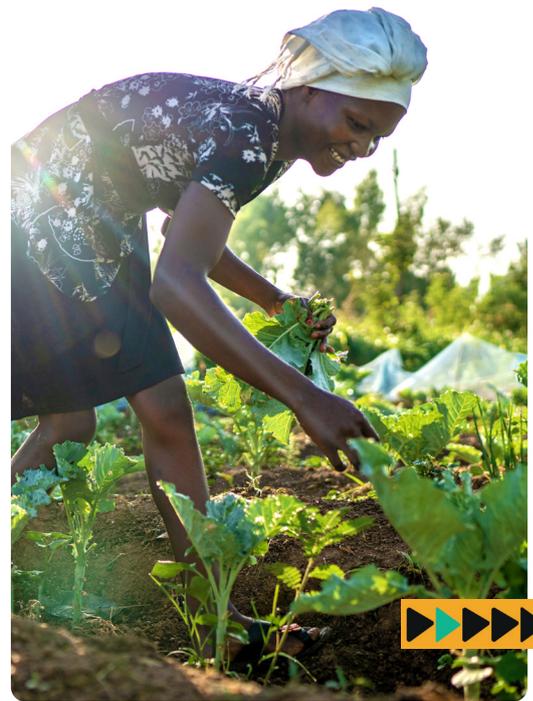
**Step 3**

Plan your  
Three for Trees  
activity

**As we're getting ready to celebrate this Christmas by decorating our homes with beautiful trees, let's take a moment to think about how trees can be life-changing for people in rural Africa....**

## Three facts about Send a Cow

- 1 Send a Cow works with farming families in rural Africa to provide the **training and support** they need to get the most from their land. By the time families graduate from a three year Send a Cow project, they can grow enough food, earn a living, send their children to school and go after their dreams.
- 2 The families Send a Cow work with **share their new found knowledge, skills and training** with others in and around their community. This way success quickly multiplies, from family to family, community to community and generation to generation. This means that your donation will keep on multiplying too!
- 3 Send a Cow provides trees and training to help families combat the effects of climate change.



## Three facts about trees

- 1 If we carry on as we are, soils are heading for **exhaustion and depletion**. This is due to the ravages of climate change and destructive farming practices. But we know how to replenish our soils, and trees are one part of the jigsaw that can regenerate land so it's fit for generations to come.
- 2 **Trees play a crucial part in keeping soil healthy**: they stand in it, hold it together, and move water through it. Send a Cow provides the right trees for the environment and training for families to get the most out of their land.
- 3 **As trees improve the quality of soil, families will be able to grow more food**. This means they will be able to eat healthily, having enough to sell as well which will provide an income.

## Meet Mutinta

Life for Mutinta, in Zambia, used to be challenging. But since working with Send a Cow she has been growing sustainable tree orchards that can survive the dry spells. Mutinta sells fruit from the trees and uses the income to pay for her children to go to school. She is now able to provide enough food for her family to eat a healthy, balanced diet and has exciting plans for the future.





## Questions to discuss

What would you need to grow anything here?  
(Water, sun, seeds...)

What do you think the challenges might be?

## Answers

### 1. The change in climate brings unpredictable weather:

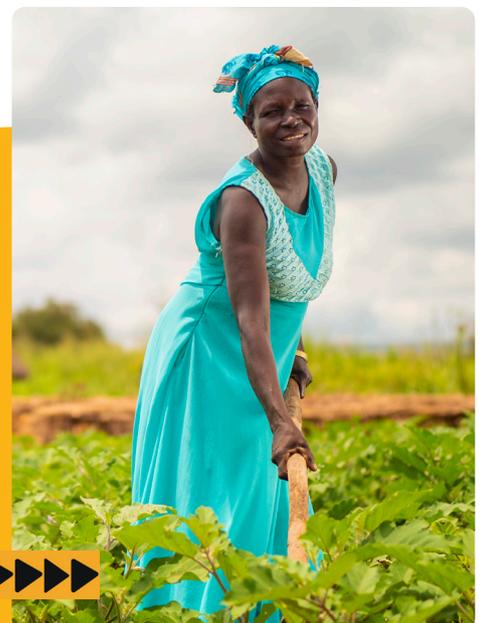
- it's often too hot, so the sun burns the seedlings
- when it rains, it's often too much at once – so the seeds and the soil get washed away
- sometimes there is not enough rain to water the crops

People cut down surrounding trees to make charcoal to sell. Without the roots from the trees, the soil washes away.

The nearest water source is an hour's walk away.

## Send a Cow works with families to combat these challenges...

We provide suitable trees for the environment and training to make the most of the land; training in water harvesting, so that families can collect water on their own land; composting, which helps make the soil richer; and training for the whole community so they find other ways of earning a living rather than cutting down trees for charcoal.





## Bible Activity

What does the Bible say about what we can do?

Read Luke 10:25-37, the Parable of the Good Samaritan.

Give your group some time to discuss what they think this passage means.

### Points to discuss

Jesus is asked, 'Who is my neighbour?' He answers by telling the parable of the Good Samaritan. Both the priest and the Levite pass the injured man by. It's the Samaritan, the stranger, who stops and shows

compassion. His actions cost him – they cost him both cost time and money.

At the end of the parable, Jesus asks which of the three men acted as a neighbour to the injured man. The answer came 'the one who showed mercy on him.'

Jesus replies simply 'go and do likewise.'

At Send a Cow, our neighbours are the families we work with in rural Africa.

**Can you support us to help our neighbours to plant life-changing trees this Christmas?**



## Three for Trees Challenge

Challenge yourself (or your group) to do three things to raise money to plant life-changing trees for families like Mutinta's. You can choose from the list below, or make up your own challenges (make sure all your activities are in line with the government's Covid-19 rules and regulations).

1. 3k sponsored run
2. Bake and sell 3 cakes
3. Wash 3 cars for a donation

Whatever you decide to do, ask friends and family to sponsor you! The funds you raise will help plant life-changing trees in rural Africa.

**3 trees and training costs just £63. How many trees can you help plant?**



