

MOMENTS MATTER

The 1000 Second Challenge

Are you up for a challenge? Every weekend for a month Episcopal Relief & Development is challenging you to either pray, learn, share, or give to the **ONE THOUSAND DAYS OF LOVE** campaign.

1000 seconds equals approximately 16 minutes. You will start small and build up by doubling the minutes (2 to 4, 4 to 8, 8 to 16) over four weeks with small achievable activities that are easy to do during “your” weekend.

First, we need to give you the foundation needed to prepare for the challenge. Read the [campaign overview](#) then check out all the resources on the campaign website under the [LEARN](#) tab.

When your challenge is completed, you will earn a campaign badge to share on your social media.

Weekend #1: Begin with prayer.

Spend two minutes over your weekend praying this litany for the campaign.

We thank you, Jesus, for the people who mother and father us.

We thank you for the gift of love.

We give thanks for all the people in our families who help take care of us.

We thank you for the gift of love.

We give thanks for our brothers, sisters, and friends who play with us.

We thank you for the gift of love.

We thank you, Jesus, for teaching us how to love our neighbors as ourselves.

We thank you for the gift of love.

We thank you, Jesus, for music that inspires us to sing and dance.

We thank you for the gift of love.

We thank you, Jesus, for the patience of our parents to listen.

We thank you for the gift of love.

We thank you, Jesus, for those who help us make sense of the world with words.

We thank you for the gift of love.

We thank you, Jesus, for those who pray with us.

We thank you for the gift of love.

We thank you, Jesus, for healthy food to help us grow strong.

We thank you for the gift of love.

We especially thank you, Jesus, for the gift of love we give to others. We ask you to bless all vulnerable children on the earth with gifts that nurture them so that they can thrive as children of God. *Amen.*

Weekend #2: Set aside four minutes to watch one video and read two articles to learn specifically how the *Moments that Matter* program works and how it is making a difference for children.

Watch how Catherine serves families as an Early Childhood Developer with *Moments that Matter*.

Read how Memuna's prenatal care increased due to a *Moments that Matter* home visit.

Read how a coloring book made a difference in Gabriel's attitude towards his wife and children.

Weekend #3: Spend eight minutes this weekend sharing the work Episcopal Relief & Development is doing around the world with four people.

First, think of the three most impressive facts you have learned about the campaign. (For example, how the Early Childhood Developers like Catherine are all trained volunteers, all the resources available, or how fathers are learning to nurture their children, etc.)

Order complimentary campaign brochures, handwrite a note to each person, and mail.

How to order complimentary print materials

Or, compose an email the with your three impressive facts and a link to the *Gifts for Life* catalog where there are specific gifts that nurture children.

How to share the *Gifts for Life* catalog

Weekend #4: Now that you have learned and shared your knowledge about the campaign, it is time to spend sixteen minutes over your final weekend discerning how you will give to the campaign individually or mobilize giving in your church community. Read through each option below and act. It will truly make a difference when you do.

How to give individually

How to engage your community virtually

How to plan a campaign

How to plan an Episcopal Relief & Development Sunday

**Congratulations! You have accomplished The 1000 Second Challenge!
Answer three questions on this [link](#) to receive your campaign badge.**

Stay connected! Follow along or post a photo on these social media platforms:



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