



**comfort
international**
a little can change a life

Take the Challenge

So you've heard about how God is working through Comfort International to feed the poor and the hungry in Africa, and how important these people are to God.

Do you want to get involved? You can be part of this great process and make a real difference to real people!

How? Well that's easy really! Are you up for a challenge?

You can raise funds to support the work of Comfort International any way you like! You can do something crazy, fun, challenging, difficult or creative, and ask people to sponsor you! Here are some ideas:

- A sponsored run, walk, climb, cycle or swim. You could try a 5 kilometer water walk with your friends. Find some empty milk cartons or jerry cans and walk to your local river or pond, collect some water and walk back. Many kids in Rwanda have to do this every day as many don't have running water.
- A sponsored fast - could you go one day without eating? Or cut out something you like (e.g. chocolate) for a week. That's a tough one! But remember all those who don't have food, and the funds you raise could be used to provide for those who never have the luxury of something like chocolate.
- Paint pictures, make crafts, do some home baking or have a car boot sale! £2 will provide school meals for a month for one child in Rwanda, so if you sell a cupcake for £2, that cupcake could feed a hungry child for a whole month.

You can set up a donation page on the Comfort International Totalgiving page (see below). Advertise your challenge on social media to get more support. Contact us with what you are doing and we will try to publicise it on our social media too. Thank you!

LET THE CHALLENGE BEGIN!

More Information:

To set up a Totalgiving page:

<https://www.totalgiving.co.uk/charity/comfort-international>



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comfortinternational.org



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