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During the season of Advent we prepare for the coming of Jesus. We believe at the same time that he came into the world 2,000 years ago, is present alongside us now and that he is coming again in the future to demonstrate his control over all creation.

Jesus is our past, our present and our future. And as we prepare to celebrate his coming at Christmas, we commit ourselves to work with him to transform this world, in readiness for his coming in glory at the completion of time.

As part of our mission to work with Jesus in transforming the world into a place of justice and liberation, USPG and our partners have prepared two online courses. They are called ‘Gender in Community Practice: An International Case Study Approach’ and ‘Promoting Well-being and Health: Church-based Practice’. These two six week courses, delivered by the Revd Dr Marjorie Lewis through the Catherine of Siena Programme associated with the University of Roehampton, have facilitated people from across the world to engage with issues of gender justice.

We are blessed that several participants from the course have contributed to this edition of the Prayer Diary.

**The Revd Dr Rachele (Evie) Vernon O’Brien**
**Deputy Director Global Relations, USPG**
Among modern types of coercion and dependency, slavery remains the most extreme form of dehumanisation. Human rights violations and the loss of dignity for children, women and men affect so many people forced to live hopeless, fearful lives, suffering from poverty, social exclusion and all forms of discrimination.

On a day dedicated to the abolition of slavery, 2 December, we must stop to acknowledge those who continue the fight to prohibit slavery in its many modern forms: human trafficking, sexual exploitation, child labour, forced marriage, the forced recruitment of children for use in armed conflict, domestic servitude and debt bondage.

As slavery continues to make victims all over the world, so the church led by the Spirit of God must have courage and never tire of speaking out against it, of promoting and protecting the rights of all, of restoring love, hope and compassion and of following Christ as he declared in Luke 4:18.

‘The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free’.
Sunday 1 December: Advent Sunday and World Aids Day

Almighty God, as your kingdom dawns, turn us from the darkness of sin to the light of holiness, that we may be ready to meet you in our Lord and Saviour Jesus Christ. Amen.

Monday 2 (International Day for the abolition of slavery) Let us pray for those who have worked and continue to work for the abolition of slavery in all forms.

Tuesday 3 (International Day for persons with disabilities) Let us pray in solidarity with people living with disabilities that we may work together for fullness of life for all people.

Wednesday 4 Let us pray for all persons who experience enslavement in different forms today, that they may find liberation.

Thursday 5 Let us repent for the times we have failed to recognise and work against modern forms of slavery.

Friday 6 (St Nicholas) Let us pray that we may be inspired by the generous ministry of St Nicholas and ensure that all the needs of our community are met.

Saturday 7 (St Ambrose) Let us like Ambrose have the courage to champion justice and not be afraid to rebuke those who seek to use power for their own selfish ends.
The high incidence of poverty and hunger in less developed nations is a great concern to the international community. Some of the factors that increase the vulnerability of people living below the poverty line of US$1.25 per day are climate variability, gender-based violence and discrimination and inadequate access to improved production technologies. Women and children are the most vulnerable.

The Anglican Diocese of Tamale, in response to the plight of the majority of people living within the poverty bracket, established the Anglican Diocesan Development and Relief Organization (ADDRO) to take care of the social and economic needs of these communities. ADDRO has empowered its target participants economically through community mobilisation, advocacy for women’s access to production resources, skills training and support with production inputs. Mothers and guardians of children under five years old have been educated on healthy lifestyles through social and behavioural change communication methods. This has resulted in transformation of livelihoods and empowerment of the people, as intimated by our Lord Jesus Christ in John 10:10.
Sunday 8 December: Advent 2

Merciful Lord, you have taught us to bring life in totality to your people.
Grant us the wisdom and passion to work for the poor that they may encounter you and have life in abundance through Jesus Christ our Lord. Amen.

Monday 9 (International Anti-Corruption Day) Let us pray in penitence for how we have allowed corruption to affect equal distribution of natural resources and perpetuate poverty.

Tuesday 10 (Human Rights Day) Let us pray for people who have suffered various forms of human rights abuse, that the Lord should guide us to respect the rights of all people irrespective of their sex, race and religion.

Wednesday 11 (International Mountain Day) Let us give thanks to God for the gift of natural resources such as the mountainous regions of our world that play critical roles for food, water, ecosystems and recreation.

Thursday 12 Let us pray for the UN and all agencies and bodies working for the attainment of the Sustainable Development Goals, especially on hunger and poverty.

Friday 13 Let us pray for all people who are suffering from hunger, poverty, discrimination and neglect, that they may find their way out of their predicaments.

Saturday 14 (St John of the Cross) Let us give thanks for the spiritual insights of mystics and poets such as St John of the Cross.
We live in a world today that is self-destructive. We do not care about ourselves enough to care for the rest of God’s creation. We move so far away from God that we are lost and do not feel God’s presence.

We can only pray to our heavenly Father to help us to engage in positive actions so that we can feel his presence, so that we can know that he is our God and that there is no other god like him. We need to strive for all that brings unity, to seek out ways of living that do not disadvantage the vulnerable among us and which bring peace rather than war – both within us and without.

We continue to work to know God’s peace: a peace which passes all understanding. We know by faith that God provides for all our needs, so there is no need for us to demonstrate our greed, to show a love for money and the things that money can buy. All these are things of the world which alienate us from God. We pray that God keeps us from the path of destruction.
Sunday 15 December: Advent 3

Loving God, Creator who is good and kind, we ask that you forgive our foolish ways, set us on the path to repentance and prepare our hearts to receive your son. Let our lives reflect your light, our actions reveal your peaceful purpose.

Monday 16 Lord, help us to help others understand your love and its importance to their lives, so that we can all enjoy the state of oneness with the Father, Son and Holy Spirit.

Tuesday 17 (Eglantine Jebb) Let us be inspired by the work of Eglantine Jebb, the founder of Save the Children and pray for its ministry today.

Wednesday 18 (International Migrants Day) Let us celebrate with those who bring richness of culture and diversity as they travel from one part of the world to another.

Thursday 19 Lord, help us to do our little part, to lean on you, to create an enabling environment, in our part of the world; an environment that reflects care and love for your creation.

Friday 20 Let us pray for Guyana preparing for elections to be held on 2 March 2020.

Saturday 21 Let us pray that divisions among the races that can lead to violence and other criminal behaviour may be overcome and that Guyana may remain in peace.
Christmas week is a time to reflect on family and the meaning of gift giving. In the UK, Christmas has become increasingly commercialised; children are bombarded with adverts and parents and carers struggle to keep up with the latest trends in toys and fashion. Expectations of the demonstration of love through the giving of material objects are ever increasing. The connection between material reward and good behaviour that it creates in children is of real concern.

These challenges are further complicated when we expand our concept of family to include our global Anglican family. With a climate crisis fuelled by increasing consumerism, what impact does our Christmas gift giving have on current and future generations of our church family in other parts of the globe? Looking more broadly still, from our perspective as global Anglicans we can from there to consider wider implications for the planet itself.

Churches within the UK are joining the fight against climate change, but how can we rethink dominant ideas of gift giving to better reflect our Christian values of love for all our neighbours and care for the incredible gift of creation?
Sunday 22 December: Advent 4

Lord Jesus, as a hen gathers her chicks so we turn to you to provide shelter from the pressures of this world. As we remember your mother Mary bearing you, loving you and protecting you so we join with our Christian family this week to remember the true meaning of this festive season.

Monday 23 Let us give thanks for all that we receive, mindful of the true love that lies behind the giving and receiving of gifts.

Tuesday 24 Let us pray for peace in families as they gather to celebrate amidst the noise and light of the week’s festivities.

Wednesday 25 (Christmas Day) Let us give thanks for the greatest gift of God to his creation, in the birth of Jesus Christ our Lord and Saviour.

Thursday 26 (St Stephen, deacon, the First Martyr) Let us remember all those whose faith has led to persecution and take strength from their constant witness down the ages.

Friday 27 (John, Apostle and Evangelist) Let us give thanks for the great ones of the Church who have gone before us, passing on our traditions and scriptures.

Saturday 28 (Holy Innocents) Let us pray for all children suffering from the ravages of war and the effects of climate change, in the hope that the violence we do to the planet and each other will cease.
As India becomes increasingly globalised and urban, there has been an increase in the proportion of people living in poverty. They live in slums which are overcrowded, often polluted and lack basic amenities such as clean drinking water, sanitation and health facilities. The Diocese of Cuttack and CNI SBSS have initiated an intervention programme, ‘Church in Mission – Urban Engagement through Local Church’, using the knowledge and expertise of local congregations to work as agents of change.

The diocese is in the coastal Indian state of Odisha, where natural calamities and lack of employment have forced people to move to cities, increasing unstructured settlement in undeveloped space, including rubbish dumps. There are 256 slums in Cuttack city, more than 50% of which are unauthorised and have no basic amenities. The Diocese of Cuttack is running a pilot initiative on education, health and entrepreneurship for children, women and youth. They have established remedial centres for schoolchildren, conducted health camps for women and children and developed income generation schemes, in partnership with others, covering around 2,000 households in two big slums in Cuttack.
Sunday 29 December: Christmas 1

Lord as we celebrate with Mary and Joseph the birth of your dear son, let us pause amidst the festivities to think of those he came to save. At a time of joy and giving, keep us mindful of the values of your kingdom, that we may stop and share with those crying out for justice.

Monday 30 Let us pray for those living in poverty in Cuttack city, that they will be granted dignity in this life worthy of your promised kingdom.

Tuesday 31 (John Wycliffe) Let us pray in memory of those such as John Wycliffe, who gave their all to spread the Gospel as widely as possible.

Wednesday 1 January (Naming and Circumcision of Jesus) Let us pray with all our hearts for all families struggling to provide basic necessities to their children.

Thursday 2 January (St Basil the Great) Let us give thanks for the work of the church down the ages, a constant witness to your reminder that the poor are always with us.

Friday 3 January Let us give thanks for the work of the Diocese of Cuttack helping to alleviate those living in the city’s slums.

Saturday 4 January (World Braille Day) Let us pray for all those with disabilities, particularly when confronting obstacles designed into everyday living by those thoughtless of the need to include and to enable.
5 – 11 JANUARY

DEPRESSION AND CHRISTIAN MINISTERS

Suchitra Behera, ministering in Barishal Diocese, Church of Bangladesh.

Being in ministry along with my husband for more than 20 years in Bangladesh, I am acutely aware of one elephant present in every minister’s life: depression. The culture we live in expects ministers to be at service 24/7. Most church members would have no idea if their pastor was depressed until they are awakened by some of the consequences: broken marriages, affairs, stealing, abusive behaviour, addiction, resignation from ministry and even suicide.

Many things might lead a minister to depression. Ministers might have hundreds of church members, but lack a close friend. They are not equipped with all the resources needed to solve the miseries of their members and I write from a rural South Asian perspective, where ministers receive less than £50 per month. A minister might encourage children of parish members to have tutoring when they are unable to provide the same for their own family. Ministers might be bullied and criticised by their seniors or by influential church members.

The pressure of pastoring is taking a toll. Depression is real and seems to be widespread. Let we who serve alongside them, staff and laity alike, take a few minutes every day to pray for our ministers.
Sunday 5 January: Epiphany Sunday

Because he holds fast to me in love, I will deliver him; I will protect him because he knows my name. When he calls me, I will answer him; I will be with him in trouble; I will rescue him and honour him. With long life I will satisfy him and show him my salvation (Psalm 91:14-16).

Monday 6 (The Epiphany) Let us pray for our rural ministers and their families as they live faithfully amid many demands.

Tuesday 7 Let us pray for ministers who are being bullied and criticised, whose self-esteem and confidence are suffering.

Wednesday 8 Let us call to mind those ministers who are struggling with anxiety and fear, that they will find the strength to persevere.

Thursday 9 Let us pray for the family members of our ministers, particularly their spouses whose dedication helps ministers to carry on.

Friday 10 Let us pray for our pastors, bishops and other senior clergy as they carry out their duties.

Saturday 11 (Mary Slessor) Let us pray for a harmonious relationship between church and people.
PRAY WITH THE WORLD CHURCH
1 December 2019 – 22 February 2020

UK: A time of gifts, a time of reflection

Guinea: Breaking the bonds of slavery

Guyana: War within and war without - choosing the path of peace

Ghana: That they may have life in abundance
North India: Church and mission engagement - an urban experience

Bangladesh: Depression and Christian ministers

Sri Lanka: Sisters in the service of Sri Lanka’s many faiths

Tanzania: Preventing mother-to-child HIV transmission

Malawi: Securing a hopeful future in rural Malawi
Communities in parts of Malawi face challenges to their basic health and wellbeing. Rural communities in Chintheche, Kayoyo, Samama and Chapananga are particularly vulnerable to food insecurity, pressures on the environment due to farming and the use of wood for fuel, a lack of education and high illiteracy rates, particularly among girls. There are also high rates of HIV infection especially in the area of Chintheche.

To reduce poverty and help families become more self-sufficient, the Anglican Council of Malawi developed the Community Integrated Intervention Programme. The programme provides seedlings to set up tree nurseries, offers training in how to reduce environmental damage and promotes community awareness of the importance of girls’ education and issues around early pregnancy and early marriage. It has established girls’ after-school clubs to provide additional support and encouragement. It also trains community-based voluntary HIV counsellors.

The programme gives these rural communities a more secure future in the long-term. Support for vulnerable households such as the farmers’ groups has secured extra income. Funds have allowed households to send their children to school: over 1,000 girls have already been helped with their literacy.
Sunday 12 January: First Sunday of Epiphany

Loving Father, we give thanks for your visible presence in the world today. Inspired by the loving witness of your dear son Jesus Christ, help us to remember that we are all loved and held in your care, equally and immeasurably at all times and in all places.

Monday 13 (Baptism of Christ) As we remember Christ made known in the sacrament of baptism, let us give thanks for every new life that is welcomed into our world.

Tuesday 14 Let us pray for the farmers’ groups as they work to become self-sustaining households.

Wednesday 15 Let us give thanks for the prophetic work of the Anglican Council of Malawi, especially the Community Integrated Intervention Programme.

Thursday 16 Let us repent of our misuse of resources, consuming more than your creation can sustain.

Friday 17 Let us pray for food security for vulnerable communities in Malawi.

Saturday 18 Let us give thanks to the staff of the Anglican Council of Malawi for their hard work and support of girls’ education, management of the environment and the protection of livelihoods.
Gender-based violence is an unfortunate reality in every community around the world. The Church of North India’s Delhi Brotherhood Society (DBS) has been supporting women experiencing abuse for 20 years. In 2014 the DBS established a helpline to reach more women who may be suffering violence or abuse. The helpline aims to reduce gender-based violence and provide emotional, medical, legal and financial support to women.

The helpline has resulted in an increase in the reporting of violence, helping women to seek support and ensure their safety. Outreach workers and community volunteers trained by the church visit women in person to discuss their cases. The church also seeks to raise awareness of gender-based violence and gender injustice within the community.

The Women’s Helpline Service holds community meetings, awareness-raising events and celebrations and provides help with rehabilitation and resettlement, property rights and legal advocacy. Since it was established, 1,200 women have called the helpline and received emotional and practical support. There has been an increase in the number of cases of abuse and harassment being reported to and resolved by the local council, making legal aid and police protection more accessible.
Sunday 19 January: Epiphany 2

In our darkest and loneliest moments, loving God, help us to find the strength to change those things that are holding us back from being fully realised in your image. Help us to recognise that all are equally loved and cherished in your sight and work to make that known in the world.

Monday 20 Let us pray for the safety and security of women experiencing violence and abuse in Delhi and in our own communities.

Tuesday 21 Let us repent of the human tendency to misuse power and authority to override and neglect the needs of others.

Wednesday 22 Let us pray for the rehabilitation of all women who have turned in need to the Women’s Helpline Service.

Thursday 23 Let us pray for the safety and security of DBS staff as they relentlessly work towards helping women in distress.

Friday 24 Let us give thanks for the work of the Church of North India and its partnership with USPG.

Saturday 25 (Conversion of St Paul) Let us pray for conversion in our own hearts, that we may be a catalyst for change and growth in those around us.
Each year 115,000 pregnant women are diagnosed with HIV in Tanzania, who pass on the virus to an average of 50,000 babies. To improve women’s health and save children’s lives, the Anglican Church of Tanzania in partnership with USPG developed the Prevention of Mother-to-Child Transmission (PMTCT) Programme. The programme is based in the Chamwino District and uses Mvumi Hospital as a base as well as delivering mobile PMTCT services to ten rural villages in the surrounding area.

The PMTCT programme encourages women to come forward for voluntary testing and counselling and if required the provision of anti-retro viral drugs to prevent the transmission of HIV to their babies. Mothers breastfeed children up to one year and are therefore encouraged to use breastfeeding supplements to protect their babies because HIV can be transferred through breast milk. In addition to directly supporting women and their babies, the programme also provides essential training for health workers and community health volunteers. The service is already reaching more than 1,000 women each year, with increasing numbers of men accompanying their partners to reproductive and child health clinics.
Sunday 26 January: Epiphany 3

Creator God, you who made and hold all of creation in your hands, help us to recognise and cherish the value of every life, of every mother and child. Your grace is revealed to every generation, the witness of your Son Jesus Christ a reminder of our need to receive that and reflect it to others.

Monday 27 Let us pray for all expectant mothers around the world, for safe deliveries and families that will flourish.

Tuesday 28 Let us give thanks for the Anglican Church in Tanzania for their dedication in supporting women living with HIV and their babies.

Wednesday 29 Let us pray for all midwives, doctors and specialists who dedicate their lives to bringing new life into the world.

Thursday 30 Let us remember in prayer and sorrow all those who have lost their lives to HIV/Aids.

Friday 31 Let us pray for the health and wellbeing of women and children living with HIV, for the medical professionals and scientists working to treat and prevent infection.

Saturday 1 Let us pray for the volunteers of the PMTCT programme, who give their time to providing health information for women and their families living with HIV.
The Church of Bangladesh in partnership with USPG supports vital medical services at Bollobhpur Hospital and Rajshahi Christian Mission Hospital. In addition to traditional in and out-patient services, the hospitals have mobile clinics bringing care to the elderly in their own homes, as well as support for mothers and babies. The Church of Bangladesh also funds training for medical staff, including in midwifery and nursing.

Rajshahi Christian Mission Hospital has 120 beds and is open 24 hours a day to people of all faiths. Health services are provided at a much-reduced cost for patients living in poverty and are free for those who simply cannot afford care, such as the Santal Community. The Santals are a marginalised, indigenous group of people who have historically been deprived of rights and access to services.

The hospital departments provide general medical care for adults and children, as well as specialist departments and a Nursing Training Institute, founded in 1973. There is a Primary Healthcare Programme that deals with preventive aspects of health and provides health education, a vaccination programme and annual health checks of school children from 3 to 16 years.
Sunday 2 February: Presentation of Christ in the Temple

Lord God, as you made yourself known to us in your dear son, we pray that our faith will be strengthened by the ongoing witness of your people. Let us be inspired by Simeon and Anna in the Temple, ready to recognise your presence revealed in each new child and family.

Monday 3 Let us pray for the staff of Bollobhpur and Rajshahi Mission Hospitals, for strength and endurance as they serve their communities.

Tuesday 4 Let us pray for the wisdom and guidance of nursing students as they prepare to treat and to serve.

Wednesday 5 Let us give thanks for the gift of wisdom, advances in medical science that we can dedicate to your purpose.

Thursday 6 Let us repent of the ways in which we discriminate and marginalise those who are most in need of our time and care.

Friday 7 Let us pray for all new mothers, for the provision of after-care that will help them flourish as a new family.

Saturday 8 Let us give thanks for the Church of Bangladesh as it makes real Christ’s love and compassion for people living on the margins.
Villagers in the Sarenga area in West Bengal are taking church-supported action to improve services, education and infrastructure. The area has high illiteracy, poor health and poor sanitation, with hands often washed in sewage-steeped water. Added to this are high suicide rates among young men who cannot afford to pay debts and old men almost comatose from illicit home-brew and drug abuse. Human trafficking of children is an ever-present danger.

This is the context in which USPG is supporting a community health programme through Khristiya Seva Niketan (KSN), a 125-bed hospital in Sarenga run by the Church of North India. The hospital was founded in 1914 and its Bengali name translates as ‘The House of Christian Service’.

The USPG partnership with KSN is called CAFORD, Community Approach for Rural Development. It aims to provide appropriate, holistic and affordable healthcare to maximise community participation. CAFORD works on projects such as tackling chronic diseases, improving hygiene and sanitation, providing safe drinking water, reducing communicable diseases, encouraging employment and small-scale industry and encouraging children to stay in school.
Sunday 9 February: Third Sunday before Lent

Loving Father, we commit to your service all the works of our hearts, minds and bodies, that we may be filled by your grace and reflect the image of your glory. Amen.

Monday 10 Let us give thanks for the goodness of the land in which we live, to know it as your beloved creation.

Tuesday 11 Let us pray for the staff and patients of the Khristiya Seva Niketan hospital.

Wednesday 12 Let us repent of our inclination to take the world at face value, ignoring those needs that may be hidden.

Thursday 13 Let us pray for those of us driven to despair, to substance abuse and to suicide and self-harm.

Friday 14 Let us pray for the children of the world, remembering that you are loving father of us all.

Saturday 15 Let us remember in our prayers the ecumenical partnership of CAFORD and the people of West Bengal whom they serve in faith and love.
If there is one thing people know about Buddhist religious orders, it is the honoured place given to monks. Sri Lanka is a Buddhist-majority country and our own rather smaller Anglican monastic presence is a good way to find common ground with our neighbours. Religious orders are a wonderful way to build a model community with people working and living together. Even the fundamentals of Buddhist and Christian monastic vows are the same: poverty, chastity and obedience.

The two Anglican religious orders in my diocese consist of just five nuns. Three of them are in the Sevekā order, which means ‘female servants’, working with indigenous people to demonstrate Gospel values. The cross that they wear is set into the design of a life circle, a Buddhist motif and includes other religious symbols as a sign of their commitment to working for the harmonious co-existence of all believers. The two nuns of our other order also work with people of different faiths, living a life of loving kindness. They organise community activities with women and run programmes for children. This is a pastoral ministry in the widest sense, an essential witness to our multi-faith country.
Sunday 16 February: Second Sunday before Lent

O God our Creator and Redeemer, thank you for your loving embrace of all the world and its many peoples. We pray for all of us who profess a faith that we may grow in healthy relationship and dialogue with one another, learning to respect our differences and celebrate our similarities.

Monday 17 Let us pray for the nuns serving in the Diocese of Kurunagala and give thanks for their witness of loving kindness.

Tuesday 18 Let us ask God’s forgiveness for the ways we misuse the precious gift of faith to separate us from our neighbours.

Wednesday 19 Let us give thanks for the ministry of all women who have taken monastic vows, seeking to share and show the common good.

Thursday 20 Let us pray for those working to build inter-faith dialogue and partnership, particularly in Sri Lanka as it recovers from the Easter Sunday disaster of 2019.

Friday 21 Let us pray for the work of the Anglican Church of Ceylon, for its long witness to the light of Jesus Christ.

Saturday 22 Let us commit ourselves to seeking out peace, working for reconciliation and acting in generosity of spirit to all those we meet.
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