

HAITI



Haiti, the first Caribbean state to gain independence, is now the poorest country in the Americas, due to years of political instability and environmental disasters. There is a huge wealth gap between the French-speaking mulattos, 1 per cent of whom own nearly half of Haiti's wealth, and the Creole-speaking black majority who live in abject poverty and lack access to clean water, sanitation or electricity. A third of the population of 8.5 million suffers from chronic malnutrition and the average income is just \$1 a day.

Caribbean rice and bean stew



Fiona Chirnside, Tearcraft's Scottish Sales Co-ordinator, first made Caribbean rice and bean stew for a farewell event for her daughter Ruth who went to Haiti during her gap year. Ruth worked for the Baptist Haiti Mission, a Tearfund partner based in the mountains of Fermanthe behind the capital Port au Prince. Since then, Ruth has become a Tearcraft seller and the recipe has been used at many Tearfund gatherings in Scotland.



These can be adjusted to what you have at hand

- 1 tablespoon soy sauce
400g tin kidney beans
4 chopped tomatoes (or 400g tin tomatoes)
250ml vegetable stock
1 medium onion, chopped
2 cloves garlic, crushed
1/2 green pepper, chopped
2 bay leaves
1 tablespoon fresh parsley, chopped
1 teaspoon thyme
1/2 teaspoon paprika
pinch allspice (pimento)
100-200g white cabbage, chopped
50g creamed coconut, cubed



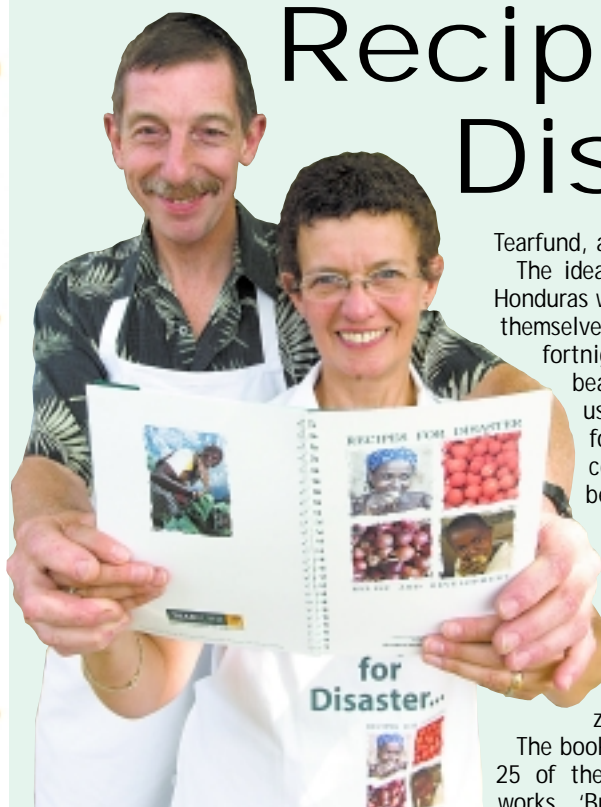
- Sauté onion and garlic in a tablespoon of oil
Add all other ingredients except creamed coconut
Cook until cabbage is ready (approx half an hour)
Add creamed coconut and more liquid if required
Cook for five minutes more
Serve with boiled rice

Note: This is easy to make in larger quantities to feed a crowd!



An irresistible smile belies the statistic that one in eight children is likely to die before their fifth birthday in Haiti, the highest child mortality rate in the Western Hemisphere, Unicef said in a report on 22 March 2006. Photo: Wally Turnbull/Light Images Photo

Recipes for Disaster



Tearfund, a charity they actively support. The idea took root on a study tour of Honduras with Tearfund. The couple found themselves living on rice and beans for a fortnight. 'Or beans and rice! or rice, beans and plantain! and that led us to wonder what kind of staple foods people eat in other poor countries,' said Gordon. 'We began a two-year search for recipes from across the globe. Our title - Recipes for Disaster! Relief and Development certainly helped to attract media interest and we've been invited to contribute to lots of magazines and do radio interviews.'

Gordon and Brenda Wilkinson have brought together recipes from around the world to raise funds for those living in poverty.

Forget Nigella, Rick and Jamie. Start the year with some great new recipes AND do some good for those living in poverty.

More than £17,000 has been raised to date by the sale of Recipes for Disaster, a new cookbook inspired by food from around the world. Instead of a disaster, the book has proved to be an amazing success.

Husband and wife Gordon and Brenda Wilkinson collected the recipes and have pledged to donate the proceeds to the Christian relief and development agency

The book has more than 40 recipes from 25 of the 70 countries where Tearfund works. 'But it's a recipe book with a difference in that it gives information on each country and then shows how Tearfund is bringing hope to a particular community, such as caring for AIDS orphans in Cambodia, providing lunches for school children in Haiti, or ensuring that craft workers in Peru and Thailand have an outlet for their products and get a fair wage,' says Brenda.



To purchase a copy of the book, contact the Wilkinsons at their website on:

www.recipesfordisaster.org, by email at recipes@felbridge.com or by sending a cheque for £7.00 to B. Wilkinson at PO Box 78, East Grinstead RH19 2YW. At least £6 of each sale goes to Tearfund. From the website you can download individual recipes in exchange for a £1 donation (via PayPal) to Tearfund.

LOOKING FOR A BARGAIN? It all starts in January!

My mother shopped for Christmas presents in January! The January sales offered reduced prices, saving hassle later in the year. 'Flyers' through our letterboxes urge us to buy now at bargain prices. Many spend foreign holidays bargain hunting, looking for things they don't need at half the price they normally would never pay! (Take 'designer belts', for example, which last a few weeks and then disintegrate.) And consider 'Buy one - get one free.' Is the second item really 'free', or is it included in the price of the first item?

Anyone want a grey bull elephant?

We all like to buy something cheaper than it really is worth. Did you hear about the man supposedly offered a grey bull elephant for £3,000? He neither wanted nor needed it. He lived in a one room studio! Eventually, after negotiation, he agreed to buy two elephants for £5,000 to gain a £1,000 discount on the second elephant! Stupid joke? Yes - but it does illustrate our desire to hunt for bargains that we neither need nor can afford.

Do you recognise a real bargain when you see one?

Stories of dubious reliability abound about free public offers of £5 notes without takers! It wouldn't happen in my native Yorkshire! But can you miss a

true bargain - something really valuable and desirable that is cheap or even free? 'No', you may say, 'not me! I know a good deal when I see one.' Do you? Let me test you. Have you 'closed' yet with planet Earth's current most amazing worldwide free offer? (This really is fact, not fiction.)

God's free offer of ultimate value

The Lord Himself makes the offer which is beyond valuation and lasts for ever. It includes love, joy, peace, help, comfort, self-control, forgiveness, and a completely changed life. But the Lord Jesus Christ not only makes us that dual offer of escape from eternal punishment and possession of eternal life now and forever. He Himself also is the offer. The Bible says 'God so loved the world that He gave His only begotten Son that whoever believes in Him should not



perish but have everlasting life!

Jesus, fully God and fully man, lived a perfect and righteous life. He went to the cross to die for us. There he bore and was punished for our sins. He both promises and is the gift of eternal life. You receive His gift by admitting your wrongs, turning from them and receiving Christ into your life by faith. Jesus then cleanses you from sin, changes your life from within, and promises Heaven to come. You cannot earn the Saviour's gift of eternal life or deserve to know Him as Saviour and Friend. But although free to you, that gift cost Jesus everything, even His own blood. He rose from death, lives today, to offer you that gift. Will you receive Him - and His amazing gift - by asking Him to pardon you and come into your life as your Lord?

Gerard Chrispin

THE GOSPEL OF JOHN Discover Jesus today in the pages of John's Gospel

This New International Version of John's Gospel is supplied by Bridge-Builders and offers a clear translation suitable for all ages. There are notes too on how to begin a relationship with God and a contact card for those who want more information.



To receive your FREE COPY, complete this coupon and send in a stamped envelope to: John's Gospel, Challenge, 8 St John's Parade, Alinora Crescent, Goring by Sea, West Sussex, BN12 4HJ

No further contact will be made.

Name: .....

Address: .....

Postcode: .....

