

### Our "7 Days of Nothing" Goal

Experience what it's like to be an orphan by choosing 7 Suggested Sacrifices for 7 days. Choose from our suggestions, or come up with your own ideas. Make sure that you include experiences that will enable you to save money that you would have spent that you can then donate to the Families for Orphans project. (Consider doing the project for 30 days or even longer.)

**Our family goal is to provide \$\_\_\_\_\_ to help orphans through the families for orphans project.**

Donate securely online at [www.familiesfororphans.org](http://www.familiesfororphans.org), or mail your donation to:

Families for Orphans Project  
P.O. Box 1432  
Gilbert, Arizona, 85299-1432

#### **Our Story and Experience:**

Journal it, email it, blog it, talk about it. Please send us your story and ideas to: [yourstory@7daysofnothing.org](mailto:yourstory@7daysofnothing.org).

#### **Our Challenge and Invitation:**

Invite at least 7 other families or groups to experience "7 Days of Nothing."

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

### The Face of "Nothing"

- There are over 150 million orphans in the world.
- Only 250,000 are adopted each year.
- 3 billion people live on less than two dollars a day.
- 1.3 billion of these people live on less than one dollar a day.
- 3 billion people have no access to sanitation.
- 2 billion have no access to electricity.
- In the last 24 hours, 30,000 children around the world under the age of five died from poverty related causes. That's over 10 million children a year.
- Preventable water-related diseases kill one child every 15 seconds.
- Every 15 seconds another child becomes an AIDS orphan in Africa.
- Every day 5,760 more children become orphans.
- Every year 2,102,400 more children become orphans in Africa alone.
- Every day 38,493 children become too old to stay in the orphanage and are thrown out and left to fend for themselves.
- Many of these orphans are trafficked or become involved in drugs, prostitution or crime, and a high percentage commit suicide.

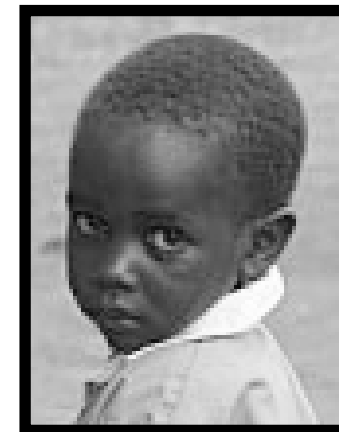
#### Families for Orphans About Us

Although food, water and shelter are essential for life, what many children want most is the love of a family. Tragically, many orphanages across the world are filled with children who have parents or other family members that cannot care for them due to a lack of economic resources. The Families For Orphans project works through partner organizations to help family members care for their own children. Where family members are not available, we promote policies and programs that place children with substitute families either through domestic or international adoption. We also help vulnerable children access education and provide immediate life-saving assistance to children in crisis.

Families For Orphans is a project of Family Watch International, a nonprofit organization working to preserve the family at the international, national and local level. Visit our website at [www.familywatchinternational.org](http://www.familywatchinternational.org).

# **7 Days of Nothing**

**...for something greater**



**Live like an  
orphan . . .**

**Give to an  
orphan . . .**

**Change your life  
forever . . .**

## What is “7 Days of Nothing?”

**The concept behind the “7 Days of Nothing” experience is simple:** it is an opportunity to sacrifice nonessential things for ourselves in order to provide essential things for others. “7 Days of Nothing” is also, in a very small way, a chance to experience the deprivation that so much of the world experiences, especially the world’s most helpless victims: the orphans. “7 Days of Nothing” will deepen your sense of gratitude for all that you and your family *do* have, help you exercise your willpower and creativity to help the least fortunate, and allow the gift of sacrifice to bless and change *your* life and the lives of others.

### 7 Steps to “7 Days of Nothing”

If you are participating with your family, be sure to include the children in the decision-making process.

- 1. Involve others in your “7 Days of Nothing” experience.** There is strength in numbers. This program takes thought and heart. The more support one has, the better: extended family near and far, school and church classes, groups, and clubs, etc.
- 2. Present “7 Days of Nothing” to your family and/or group.** For children, show the picture on the front of this brochure and ask: “What kind of person is he? How is he different? Similar? What kind of hopes and dreams does he have? What hopes and dreams do I have? What are his challenges in life? What are mine? What could we teach each other?” Discuss, then explain the simple concept of the “7 Days of Nothing” project.
- 3. Set your goals for the “7 Days of Nothing” project** by filling out the Goal Planning segment.
- 4. Live your plan for your “7 Days of Nothing” experience,** and learn what it is like to live like an orphan.
- 5. Add up the money you saved through the “7 Days of Nothing” experience,** and donate it to the Families for Orphans project to help an orphan in a developing country.
- 6. Record and share your “7 Days of Nothing” experience.** Write down your feelings and experiences in your journal, diary, or blog, and help others do likewise. Email friends and family about it. Talk about it. Please also share your story with us at [yourstory@7daysofnothing.org](mailto:yourstory@7daysofnothing.org).
- 7. Invite others to experience their own “7 Days of Nothing”** as you share your life-changing experience with them. Invite at least 7 families or groups, one for each day of the “7 Days of Nothing,” to experience the sacrifice and giving that you have. For your convenience, there is an email invitation that you can access on our website to easily invite others to participate.

## “7 Days of Nothing” Suggested Sacrifices

Choose at least 7

### 1. Food

Starvation and malnutrition are worldwide problems. Can you imagine eating only one meal a day? Still being hungry after you eat? Going to bed hungry? Eating the same thing every day? Eating contaminated food? Having to beg for your food?

- Fast. Go without food and water for 24 hours. (You can do this one day a month for life, and donate to an orphan what you would have spent on food.)
- Eat only rice for a day
- Live on basic food staples, such as plain rice, beans, or oatmeal, etc.
- Cook your food over a fire or on a grill for one day
- Eat just one meal a day
- Eat only food that does not have to be refrigerated
- Go without refined sugar and flour
- Don't eat fast food or at restaurants
- Don't eat convenience or prepackaged food
- Give up one indulgence, like your daily latte, or cola
- How about chocolate?
- \_\_\_\_\_

### 2. Water

Millions of children in the world do not have access to clean water to drink, wash or cook with. They often have to walk long distances to fetch water, hauling dirty water back to their homes.

- Forego running water for the week (to the extent possible)
- Use water only from containers that are filled at the home of a neighbor or at another location within walking distance, and carry the water home
- Sterilize all drinking water by boiling it on a stove, an open fire, or a grill
- Go a day or two without bathing, or take only sponge baths
- \_\_\_\_\_

### 3. Electricity/Fuel

Electricity is not common in most households. No lights, no refrigeration, no air conditioning, no TV, no computer, no Internet, no cell phone, no Xbox, no blow dryer, straightener or curling iron. Most don't have fuel for cooking, let alone for cars... few have cars.

- Don't use electricity for a whole day
- Read at night by candlelight
- Cut down or cut out driving
- Take the bus or ride a bike
- Forego warm or heated water
- Wash clothes and dishes by hand with unheated water
- \_\_\_\_\_

### 4. Waste

Did we mention that millions of children don't have showers, tubs, sinks or toilets? No sewer system, garbage pickup, or dumps? It's all in your backyard.

- Don't use anything from a disposable container
- Don't use paper towels, napkins, aluminum foil, plastic bags or plastic wrap
- Shop using only baskets or reusable bags
- Take your own trash to the landfill
- \_\_\_\_\_

### 5. Education & Literacy

What if you had no access to education? What if you couldn't read, write, add, subtract, etc.?

- Ask someone else to read or write for you every time you need to read or write something
- Go on a literacy fast. No reading books, mail, newspapers, magazines, cereal boxes, etc.
- Instead of reading books to your children tell stories
- \_\_\_\_\_

### 6. Entertainment & Technology

Imagine your life without toys, hobbies, travel or technology of any kind.

- Put away all the toys and use your imagination
- No video games, TV, radio, movies, etc.
- No Ipods, computers, cell phones, microwaves,
- No watches or clocks
- No golf, basketball, soccer, tennis, swimming, etc.
- No drawing or painting or other hobbies
- \_\_\_\_\_

### 7. Peace, Love, Family

War ravages much of the world. Since we don't want to sacrifice peace, love or our families, think in terms of giving up behaviors that might weaken these things.

- Smile at everyone you see
- Don't complain or criticize others
- Practice “random acts of kindness” three times a day
- Use only kind words and speak softly
- Make a list of qualities you admire in your family members and share the list with each one
- Make peace with someone
- Never win an argument
- \_\_\_\_\_