

THE MILLENNIUM GOALS & WHAT YOU CAN DO ABOUT THEM

1 ERADICATE EXTREME POVERTY AND HUNGER

One billion people live on less than \$1.00 every day. One person dies from hunger every 3.5 seconds. Each one of them is a child of God.

What you can do: Give. Give 0.7% (that's seven-tenths of one percent) of your household income to the elimination of extreme global poverty. Donate that money to organizations like Episcopal Relief and Development that fight extreme poverty and hunger.

2 ACHIEVE UNIVERSAL PRIMARY EDUCATION FOR CHILDREN

More than 100 million children are not in school today, and 70% of them are girls. Yet, educated children have better access to economic opportunities, are less vulnerable to disease and contribute more to society.

What you can do: Act. Create a bulletin board about children of the world who are unable to attend school: child soldiers, AIDS orphans, refugees and displaced children. Place the bulletin board in a high traffic area of your church and update it often. Find resources online, in magazines and newspapers.

3 PROMOTE GENDER EQUALITY AND EMPOWER WOMEN

Women have an enormous impact on the well-being of their families and societies- yet often, many never realize their potential. Empowered women die less often during childbirth, develop healthier and better educated children, and become leaders in their own communities.

What you can do: Pray & Act. Form a prayer circle in your congregation using the Anglican Cycle of Prayer as a guide. Investigate the challenges women face in the communities you pray for each week. Research micro-credit programs that provide women with small loans to start a business and help them become self-sufficient. Choose a specific project to support.

4 REDUCE CHILD MORTALITY

Every three seconds a child under the age of five dies. The majority of these tragic deaths are preventable through a combination of clean water, sanitation, improved nutrition and medical treatment.

What you can do: Act. Fast for a day with your congregation. Limit your water use. Build awareness about clean water, nutrition, and their effects on child mortality.

5 IMPROVE MATERNAL HEALTH

Every year more than 500,000 women die from complications of pregnancy and childbirth. In some parts of the world, expectant mothers are as likely to die in childbirth as they are to live to see their baby.

What you can do: Give. Give some part of your 0.7% to prenatal and postnatal care programs, and learn the stories of transcendence and triumph that come as we help one another.

6 COMBAT HIV/AIDS, MALARIA AND OTHER DISEASES

Preventable diseases like HIV/AIDS, malaria and tuberculosis destroy families every day. Health education, proper sanitation, access to clean water, mosquito nets and inexpensive medications can save millions of lives.

What you can do: Give. Dedicate your time and talents to the global fight against disease. Increased donations and advocacy are needed. Join [Episcopal Public Policy](#) and link with advocacy networks.

7 ENSURE ENVIRONMENTAL SUSTAINABILITY

God made us stewards of creation. Clean water and sanitation work together to save lives and create productive, thriving societies of human beings.

What you can do: Act. Small, simple lifestyle changes such as recycling, and curtailing consumption of plastic and paper can make a difference worldwide. Learn more about how the church is engaged in environmental issues and how you can work in your community.

8 CREATE A GLOBAL PARTNERSHIP FOR DEVELOPMENT

The success of the MDGs depends on all of us: rich and poor alike, our churches, our corporate institutions, and our governments. A fair trading system, increased international aid, and debt relief for developing countries will help us realize the Goals.

What you can do: Act. Contact your local bishop's office to find out about your companion diocesan program. Encourage members of your parish to take a service learning trip. Examine how fair trade, and debt forgiveness can aid these societies. Pledge to share your experience with at least three other friends and congregations when you return.

You are not alone in asking what you, as just as one person, can do to make the world a better place. But it is up to you to start the change by choosing to do something. If you feel overwhelmed, start small and simple. Pray actively for the world's poorest countries. Raise awareness in your church and community. Make a lifestyle change. Give at least 0.7% of your family income. Donate time, talent and treasures. This is not a one-time solution to a simple problem. Start on the road and be open to where it takes you. It will be a life-long investment in the Kingdom of God.