

I will Give up 1 Luxury per week worth \$5 for 1 year, and spending the time to reflect and pray for those people who are less fortunate and have extreme suffering in their lives. Donating the monies raised to Movimento de Defesa do Favelado (MDF) who work with the families of the Favelas. but I want 500 other caring & loving people to join me in the hope to raise \$100,000 by January 2010.

– Niquita Cabaleiro, Giving Strength to the People of Brazil

More details: MDF promote citizenship and help families with access to basic services such as health and education, they help with housing for the homeless and help people to see themselves as a whole, giving them dignity to believe in themselves and supporting them in their fight for basic rights. MDF provide Education & support program's for Children and Young people helping them to overcome poverty, oppression and drug & arms trafficking.

Promise at

[promise.livesimply.org.uk/FavelaStrength](http://promise.livesimply.org.uk/FavelaStrength)

This promise closes on [5th December 2008](#). Thanks!

Remember, if you promote your promise to others, you'll be helping create a community action. Not only are you being the best you can be, you're encouraging others to do the same.

 livesimply:promise