**Opening reflection**

It starts with a change.

So outwardly insignificant that no one would notice except the person behind you in the aisle.

Just a moment of grace, when instead of seeing rows of labels on a supermarket shelf, you imagine the people behind them.

Tilling the earth, sowing the seed, gathering the crops.

And you pause, wondering…what their names are, where they live.

What difference it will make if your hand picks up this box instead of that one.

Can I help change this child’s long journey for water, her mother’s lack of healthcare, the prospect her father faces of another year when he cannot meet his family’s needs?

Just a moment.

And the person behind you, her impatient baby squirming in the trolley, may never realise that in that brief hesitation a life hung in the balance.

*Christian Concern for One World (CCOW)*