

2019 KEEP IT SIMPLE FOR LENT ACTION PLAN

Country & Culture Te whenua me te ahurea

Peace & Conflict Rongomau me ngā pakanga

Food & Water He kai, he wai

Shelter & Health He whakaruruhau, he oranga

Hope & Reconciliation Ko te tūmanako me te hohou rongō

Holy Week Te Wiki Tapu

PRAY



Take time to pray at home with your family for South Sudan. Ask for lasting peace for the people.

Pray that peace will come to places in the world experiencing conflict. You may choose to use Prayer S6 or S10 from the **Prayer Booklet**.

Every time you eat during the week, say grace to give thanks and pray for people around the world who are hungry and thirsty.

Every time you hear a siren this term, pause to pray that people will be safe and looked after.

Take time to pray for someone you know who is having a bad time. Pray that they will be strengthened and find hope.



GIVE



Put a gold coin in the Caritas koha box to help Caritas provide support to people in South Sudan.



Donate a can of food to a local food bank to help a family get the food they need.

Add a donation to the Caritas koha box to support the work of Caritas South Sudan assisting people living in camps.

Give up your pride and forgive someone who may have done something that made you sad or frustrated.

Make a sacrifice and give up a luxury item until the end of Holy Week. If you save any money, add this to the Caritas koha box.

LIVE



Remember that many things are in short supply in South Sudan (like electricity and food). Use and consume only what you need.

Reflect on what you do and say each day to make sure you are a peace maker.

Be thankful every time you get to enjoy a meal and remember those who would be having much less on their plates.

Say thanks to the people around you who keep you safe, warm and well. This may include your family, friends and your doctor.



Challenge yourself not to be selfish and remember to consider others when making decisions in the future.

DO



Watch a video about life in South Sudan from the Caritas resources for Lent 2019 at www.caritas.org.nz/lent-schools

When a situation arises where people you know are upset with each other, help them all to find peace again (without you taking sides).



Watch Video **S11: Inside the Camp** to see what life is like for millions of people in South Sudan living in a camp: www.caritas.org.nz/lent-schools

Do something nice for someone today as a random act of kindness.

Hold a school liturgy for Holy Week using the **Way of the Cross PowerPoint**. Use the online notes as a script for the chosen readers.

FIND



Research online to find out where conflicts are happening around the world right now. Share your results with others.

Ask if there is anyone in your school that could benefit from having food provided for them and help make this happen.

Find out the number of people living in the world who have been forced to leave their homes and live as refugees.

Read stories about Jesus in the Bible and discover more about the messages of hope that Jesus brings us through his words and life.

Find out how different countries and cultures celebrate Holy Week. How is it different from you?

CREATE



Draw and colour the flag of South Sudan and put it on display so you will see it often to remember the people living there.

Write a letter or card to say sorry to someone you may have hurt. Let them know how you will make things better.

Ask if there is anyone in your school that could benefit from having food provided for them and help make this happen.



Designate a space in your class at school or in your room at home, and display quotes of hope and inspiration.

Be creative and make an Easter card to give someone in your family to remind them about the joy of Easter.

Caritas challenges YOU this Lent to make a difference in others' lives by making small changes to your daily actions. Grow in compassion and empathy for the poor and vulnerable in other countries around the world.

How many of these actions can you complete?
You may select some to make your own pocket checklist.

Tick a box when you complete the action.

Collect the total money gifted during Lent and make a donation to Caritas.
 Online donations can be made at www.caritas.org.nz
 Thank you for your generosity!

Donations

- Ask a priest to share about Lent
- Offer up difficult things to God
- Give a small donation to help people in need
- Fast from social media
- Share a special Mass for Ash Wednesday
- Choose someone to be kind to during Lent
- Go to Mass on Sunday
- Give up a luxury during Lent
- Have a Passover meal at the end of Lent
- Wash each other's feet at the end of Lent

The number 40 is significant during the season of Lent. Jesus spent 40 days fasting in the desert. It is also 40 days from Ash Wednesday to Holy Saturday (not counting Sundays).
 Add the following 10 special challenges focused on Lent to the 30 tasks included in the main Action Plan to master your very own 40 days of Lent!

SPECIFIC LENT CHALLENGES

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Take up the challenge during Lent this year. Display this Action Plan in your class or at home and try to achieve as many of the tasks as you can.

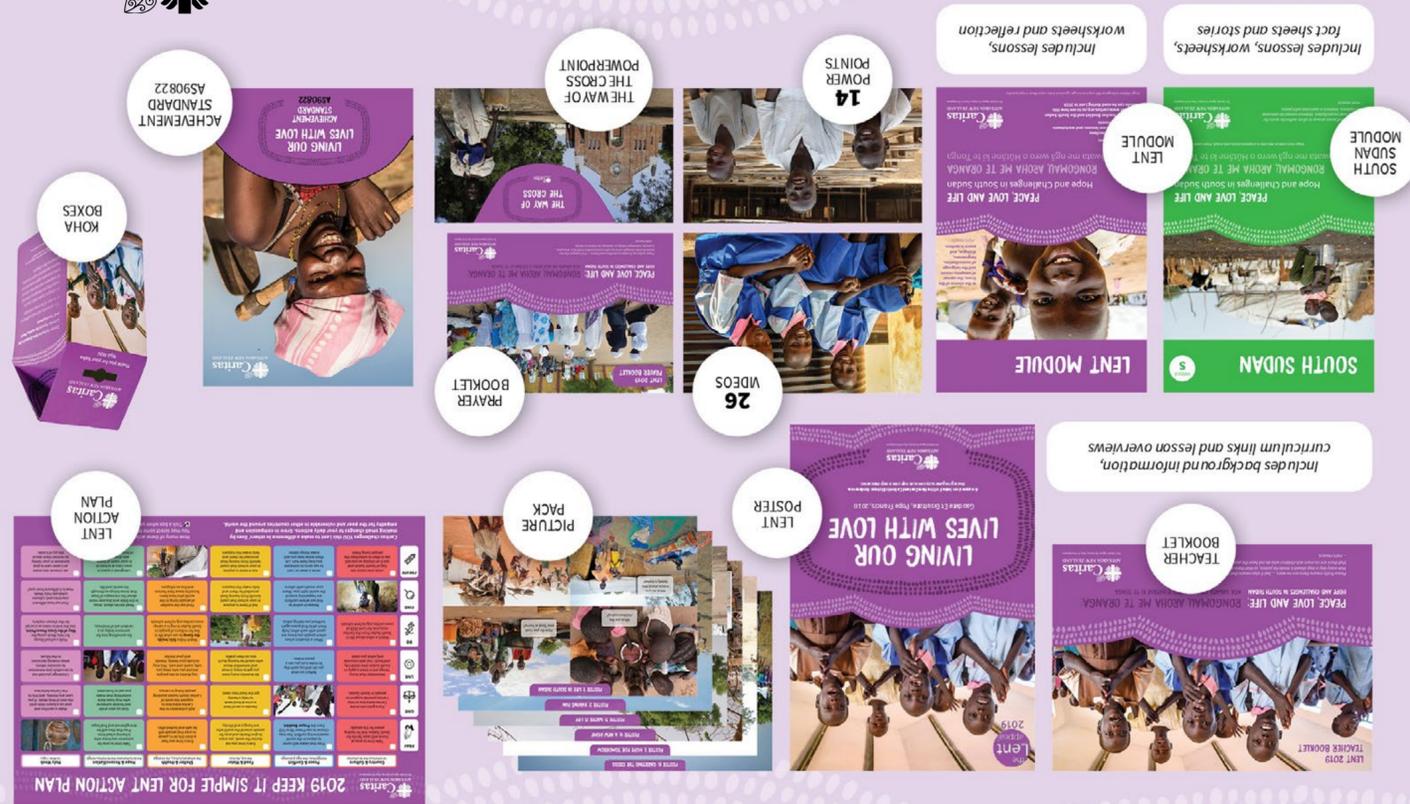
Let's live simply, and by making small changes to our daily actions, we can make a real difference in other people's lives.

We are encouraged to remember the millions of people in our world who struggle each day to meet their most basic needs.

Caritas Aotearoa New Zealand is involved in various projects around the world that support the most vulnerable people facing poverty and injustice.

Your generous donations to Caritas will help displaced people in South Sudan receive shelter, food, water, tools and healthcare as they recover from the effects of food insecurity and ongoing conflict.

Peace is a precious gift, which must be promoted and protected... Never has the use of violence brought peace in its wake. War begets war, violence begets violence. - Pope Francis



LENT 2019 RESOURCES OVERVIEW



ASK FOR MORE FREE KOHA BOXES FROM CARITAS BY SENDING YOUR NAME AND ADDRESS TO MICHAELS@CARITAS.ORG.NZ