

LENT 2020 RĒNETI 2020

the Lent appeal 2020

Lent is the period of preparation for Easter – a time of prayer, fasting and almsgiving to those in need. During this time, we have an opportunity to draw nearer to God and be transformed by the Holy Spirit. The theme for Lent 2020 is Renewed by the Spirit. Pope Francis says, 'Let yourself be transformed. Let yourself be renewed by the Spirit... do not abandon the path of love but remain ever open to his supernatural grace, which purifies and enlightens.' (Gaudete et Exsultate #24)

Life is a journey, with mountains, valleys, and unexpected challenges. We all need time to be renewed and transformed. God is the ultimate source of truth and love. Through this season of Lent, let us reconcile with God and encounter the Spirit anew so that we can continue on the 'path of love'.

As Pope Francis reminds us, 'God wants to speak to the world by your life.' (#24) Our own personal renewal should be the catalyst to bring further renewal in the lives of the people we meet. We can be the hands and feet of God, as his very ambassadors, on Earth through our words and actions.



Caritas – Love in action

Caritas Aotearoa New Zealand (CANZ) is the New Zealand Catholic Bishops' agency for justice, peace and development. Working on behalf of the New Zealand Catholic Bishops



Conference for a world free of poverty and injustice, CANZ strives to achieve this through community development, advocacy, education, and emergency relief.

As part of Caritas Internationalis, a global confederation of 165 Catholic aid, development and social justice agencies operating in over 200 countries and territories, CANZ supports the poorest and most vulnerable, regardless of ethnicity, religion or nationality.

A strong moral framework of Integral Human Development, firmly grounded in Catholic social teaching (CST), underpins the work of Caritas. This approach is a visible manifestation of love in action, emphasising all of the following: *te tapu o te tangata* – human dignity, *kotahitanga* – solidarity, *mana whakahaere* – subsidiarity, *he whakaaro nui mō te hunga rawakore* – preferential option for the poor and vulnerable, *nāu to rourou, nāku te rourou* – participation, *kaitiakitanga* – stewardship, and *he painga mā te katoa* – the common good.

As a result, the key strategic goals of CANZ are to advocate for and ensure the healing of relationships with the earth and all creation, and to protect the dignity of marginalised people and those affected by violence and crises – especially women and girls, indigenous peoples and refugees and migrants.

Working alongside communities, CANZ's collaborative approach is based on respect, where all are considered of equal worth and value, and co-learning – recognising that all can learn from each other. Communities are empowered by ensuring that decisions are made at the appropriate level by those who are impacted by them.

Protection, dignified livelihoods, disaster and climate resilience, health, education, self-belief, confidence and positive change are many of the key outcomes that communities experience through Caritas' love in action.

OPENING LESSON OUTLINES NGĀ ANGA AKORANGA TUATAHI

Lent Introduction

Learning outcomes:

Students will...

1. Review what the season of Lent is and what Catholics are called to do during this time through prayer, fasting and almsgiving



KARAKIA

Use the Gospel of Matthew 6:1-6, 16-18 to reflect on what God is trying to say to his people and how that links to the season of Lent.



SETTING THE SCENE

Refer to the notes on the previous page explaining Lent and what Catholics are called to do during the next 40 days.



ACTIVITY

Hand out to students **Worksheet 30** from the Y9-10 Holy Week lesson to recap what students know about Lent and Holy Week.



DISCUSSION

Brainstorm what is the purpose of Lent? What is Prayer? What is Fasting? What is Almsgiving? Why are we called to do these during Lent? If students are unsure, view the clip below and then return to discuss these questions further.



VIEW

To help students recall what the season of Lent is about, watch [Lent-a season of repentance, prayer and fasting](#). After viewing, discuss if there was anything that came out of the clip that they didn't know or have questions about.



REFLECTION

Throughout Lent, a possible way to check in to see how students' Lenten journeys are going could be to undertake a daily examen or with each RE lesson. This is a way for young people to check in on their spiritual growth. (This is not an examination of conscience)

Process:

1. Enter into God's presence
2. Review the events of the day in a spirit of gratitude – what happened in the day?
3. Pray for a 'Spirit of Truth' – how was God present and how did we respond?
4. Bring it to Jesus, listen to him throughout your time together – pray for the day.



ACTION

Carry out tasks from the **Action Plan** during Lent.

Ash Wednesday

Learning outcomes:

Students will...

1. Examine their own actions and conscience before participating in an Ash Wednesday celebration



KARAKIA

Use the words 'fasting', 'prayer', 'almsgiving' and 'ashes' as a prayer focus. Spend time meditating and reflecting the meaning of these words as they are there to deepen our faith and relationships with Jesus and God.



SETTING THE SCENE

Ash Wednesday marks the start of Lent and the journey towards the Easter Triduum. During this time, we celebrate the ultimate act of love: Jesus' passion, death and resurrection.



READ

Get students to read the blog [Into the Desert: How to live Your Lent with Purpose](#) before taking part in an Ash Wednesday celebration. As they read the blog consider the words that are spoken as the ashes are placed on a person's forehead – 'Turn away from sin and be faithful to the gospel'. How can they turn away from sin?



VIEW

To help students understand why we are called to ask for God's mercy and forgiveness through the sacrament of reconciliation watch the clip [How do I go to confession?](#)



ACTIVITY

Encourage students to be honest as they complete **Worksheet 31**, beginning the reconciliation process with themselves and God during this season of Lent.



REFLECTION

Students may wish to discuss their answers with their peers or to use a Lenten journal to express how this activity has made them feel.



ACTION

During Lent, Catholics are called to pray, fast and give alms. Have students read [Pope Francis' 10 tips](#), then using the Action Plan, decide what actions they can do individually, as a class or as a small group.

WORKSHEET 31 WHĀRANGI MAHI 31

The Sacrament of Reconciliation is a time where you can speak and pray as you reflect on any troubles you may have in your heart, about who you are, your actions and any changes you may wish to make in your life to help bring you closer to God.

Be honest and open as you answer the following questions. These may help you in deciding what actions you may wish to undertake during Lent.

How do I Pray?

How do I make choices?

How do I treat those who are different to me?

How do I want God to walk alongside me?

How do I attend Mass?

How do I treat my family/ whānau?

How do I use God's name?

How do I see myself?

How do I treat myself?

How do I treat people I don't know?

How do I treat God's Creation?

How do I treat my classmates/ teachers?

How do I treat my friends?

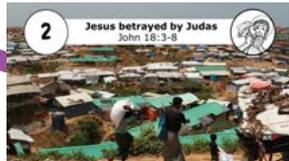
How seriously do I take school and my education?

How do I seek forgiveness?

What will I confess and ask God's forgiveness and grace to change?

STATIONS OF THE CROSS NGĀ TŪRANGA O TE RĪPEKA

The culmination of Lent is found in the events of Holy Week. A great way to reflect on Jesus' journey to the cross is to focus on the stations of the cross. **The Way of the Cross** liturgy for 2020 provides an opportunity to remember Christ's sacrifice whilst praying for communities that Caritas works alongside around the world.



HOLY WEEK LESSON OUTLINE TE ANGA AKORANGA WIKI TAPU

LEARNING OUTCOMES:

Students will...

1. Reflect using specific questions about their own personal relationship with God during Holy Week
2. Undertake an action to help those who are in need



KARAKIA

Create a quiet space or set up a focal point in your school chapel. Encourage students to spend time out of their busy lives and allow themselves to hear the whispers of God present in their lives.



SETTING THE SCENE

Brainstorm with students all the key events of Holy Week. Recap with students who the key people involved with Jesus' Journey are throughout this week. Are students able to recall the significance of the Easter Triduum?



VIEW

Caritas is the Church's agency for justice, peace and development. During Lent, as God calls us to look at our individual relationships with him and spend time renewing these, Caritas encourages people to think of those around the world who are less fortunate and in need of our support. [Click here](#) and spend time viewing some of the projects and work that Caritas is doing with our poorer nations.



DISCUSSION

After viewing the work that Caritas is doing, ask students how does it make them feel seeing what is happening? How does the work of Caritas link to what Catholics are asked to do especially during Lent regarding prayer, fasting and almsgiving?



ACTION

Encourage your students to think about what they could do to help to help those in need. One way Caritas asks people to help is by taking on the [Caritas Challenge](#). This is a short-term activity that can make a huge difference for the lives of others.



DISCUSSION

When Jesus entered Jerusalem on Palm Sunday, people were rejoicing as they knew this man was their saviour. Ask students:

- What brings them hope?
- How does Jesus help them feel hopeful? What things do they hope for in the future?
- Which of Jesus' promises gives them hope?
- Why do we see the opposite of hope happening all around the world?
- Like the work of Caritas, how can you bring hope to others?



ACTIVITY

In small groups or individuals, create a meme that talks about bringing hope to others especially during Lent. They may want to use an inspirational quote, piece of scripture that means something to them. There is a range of free online meme design software. If students wish, they are welcome to share them with the education team: teresas@caritas.org.nz



DISCUSSION

Sometimes young people don't always remember that God is in their lives or choose to ignore this. They may even say that they don't believe in God or care about his creation. Ask students why people may say these things. Is this a way of betraying Jesus in their own lives like Judas did?



ACTIVITY

Complete **Worksheet 36**, writing a letter to God. Tell students to be honest with him and write whatever comes to their mind. Encourage them not to overthink it or over-analyse it – just be still and write.



REFLECTION

During Holy Week, get the students to participate in **The Way of the Cross** liturgy. They may do this as a class, join with another class or share the link with them so they may independently reflect on Jesus' journey and their own.



WORKSHEET 36 WHĀRANGI MAHI 36

Write a letter to God thinking about what has been discussed throughout this lesson. Allow the words to flow from your pen. This may be a slow process to begin with and may be challenging, but persevere with your letter.

A spiral-bound notebook with lined pages and a red margin line. The notebook is open, showing several pages. The pages are white with light blue horizontal ruling. A vertical red line is drawn on the left side of the page, creating a margin. The spiral binding is visible on the left edge.