

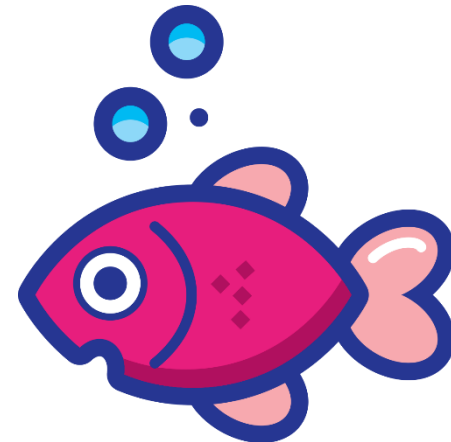
Lent calendar 2024

Week:	One	Two	Three	Four	Five	Six
M	19 February	26 February	4 March	11 March	18 March	25 March
T	20 February	27 February	5 March	12 March	19 March	26 March
W	Ash Weds	21 February	28 February	6 March	13 March	20 March
T	15 February	22 February	29 February	7 March	14 March	21 March
F	16 February	CAFOD Fast Day	1 March	8 March	15 March	22 March

"God saw everything that he made and it was indeed very good."

Genesis 1

**THE BIG
LENT
WALK**

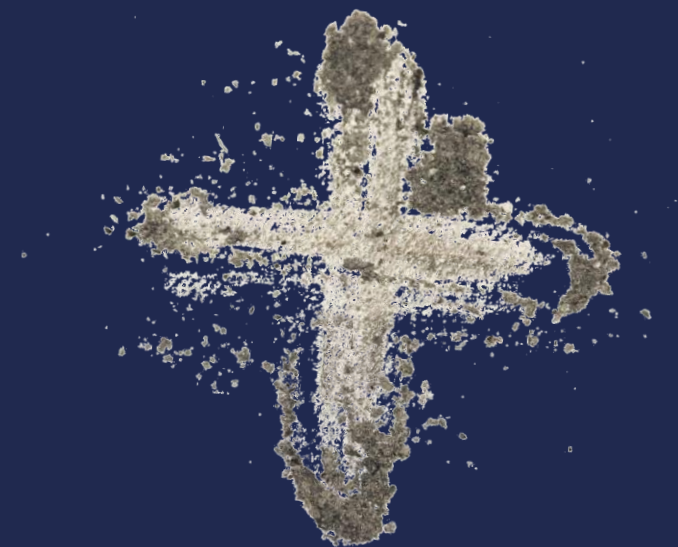


Think about...

As Lent begins, we remember how Jesus spent 40 days in the desert.

While Jesus was in the desert he had very little to eat or drink.

There are many people around the world who do not have the rights to basic things like enough food or clean water.



Throughout Lent we will think about our neighbours around the world.

[Click here](#) for a Lent liturgy
(perfect for Ash Wednesday)



Act

This Lent, we are thinking about our global neighbours who don't have enough food to eat.

Meet Aaron who lives in West Point, in Monrovia, the capital of Liberia. Monrovia is by the sea and many families rely on fish to eat. But being a fisherman here is dangerous.

Find out more in our Lent film



"My name is Aaron and I am 7 years old."



Friday 16 February

Pray 

Give 

THE
**BIG
LENT
WALK**

This Lent, schools in England and Wales are walking to help communities like Aaron's have safe access to enough food to eat.



Lord,
may my support bring hope to people
who are in difficulty around the world.
May they know that you are with them
and that they have sisters and brothers
who care for them.

Amen

Find out more



Monday 19 February

Pray

Aaron lives with his grandparents, Felicia and Augustine. His grandfather is a fisherman, he goes to sea to catch fish to eat and to sell in the market.

When the catch is brought back to shore, Aaron helps with cleaning and drying the fish.

His family have taken part in a project to help the fishermen catch more fish and stay safe at sea. They can then have more food to eat, and money to spend on other important things.



Loving God,
fill our hearts with compassion for
the earth and all its peoples.
Lead us to be good neighbours
to all who are in need.

Amen



Tuesday 20 February

Think about...



What do you notice in this picture?

This is one of the stories that Jesus told.
Can anyone think which one?

Read Luke 10: 25-31 together.
What is Jesus teaching us in this
parable?

Explore an illustrated version of this
parable





Fairtrade is about giving a fair share to all the people who produce food around the world.

Find out whether your local shop sells Fairtrade Easter eggs. If not, ask them why not and if they will stock them next year.

Find our Fairtrade resources here



Thursday 22 February

Act

What action will you take to show kindness to others today?

Think of at least three things you can do today and during the next week of Lent.

You could think of three different people to show kindness to, maybe someone you don't always get on with or someone you wouldn't normally talk to.



Pray 

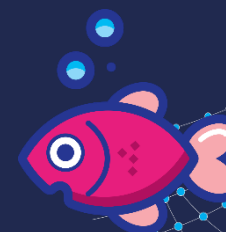


*"It [the GPS] really has
changed our lives. By the
grace of God, we can go
further and so we can
catch better fish."
James, fisherman*

Today is Lent Family Fast Day!

Watch our online Lent liturgy to learn more about Aaron in Liberia and hear how his community are working together to catch more fish more safely, so that there is enough food for everyone to eat.

Watch the assembly



Monday 26 February

Pray

"I will dry the
fish, carry
them and
sell them in
the market."



This Lent we have been learning about Aaron who lives in Liberia. Aaron is 7 years old. He likes to help his family with the fish they catch.

Loving God,
fill our hearts with compassion
for the earth and all its people.
Lead us to be good neighbours
to all who are in need.
Amen



Tuesday 27 February

Think about... 

*"I have come so that they may
have life, and have it to the full"*

John 10:10

Say these words together and spend some
time today thinking about them.

- Where do these words come from?
- What do they mean?
- How can we live by these words and
put our faith into action?



Wednesday 28 February

Pray 

Give 

THE **BIG**
LENT
WALK

This Lent, schools in England and Wales are raising money to support our global neighbours.

There are lots of ways you can do this!

[Find out more](#)



Lord,
may my support bring hope to
people who are in difficulty
around the world.
May they know that you are with
them and that they have sisters
and brothers who care for them.
Amen

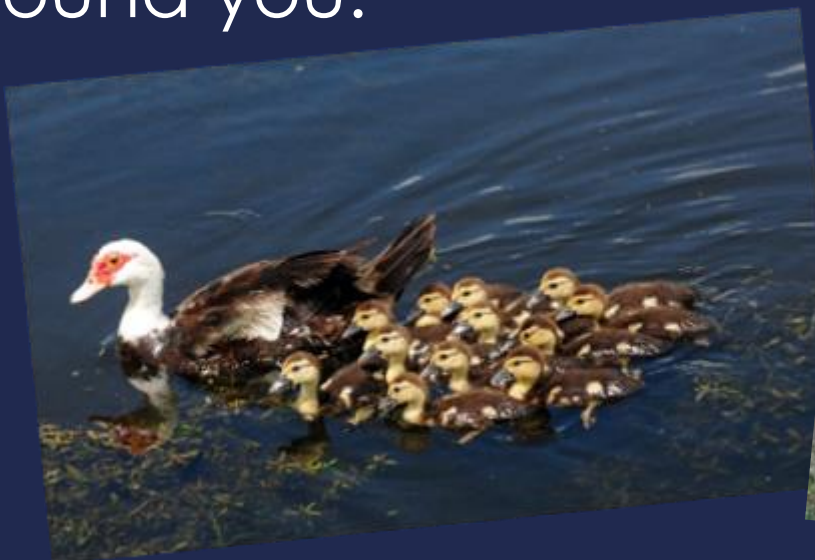


Thursday 29 February



Jesus came to bring us new life.

Take time today to look for and
celebrate signs of new life in the world
around you.



Friday 1 March

Pray 

Light a candle and pray
with and for our global
neighbours using this film.



Pray

This Lent we have been learning about Aaron and the fishermen in Liberia.

Aaron's grandfather, Augustine, is a fisherman. By working with CAFOD's local experts, he can now sail further out to sea and stay safe when there are storms.

This means he can bring more fish back to shore for the family to eat and sell in the market.



Aaron lives with his grandparents, Felicia and Augustine.

Loving God,
fill our hearts with compassion
for the earth and all its people.
Lead us to be good neighbours
to all who are in need.

Amen



Tuesday 5 March

Pray

Light a candle and pray
for our Earth, using this film.



 Pope Francis' A Prayer For Our Earth | CAFOD



 Catholic Agency for
Overseas Development

Watch on  YouTube

**A Prayer For
Our Earth** 
Copy link

**no one
beyond reach** 

Wednesday 6 March

Pray 

Give 

Whatever way you choose to raise money this Lent, you can help our global neighbours like Aaron and his community.

What creative ways can you think of to fundraise for our brothers and sisters around the world?

[Find out more](#)



THE
**BIG
LENT
WALK**

Lord,
may my support bring hope to
people who are in difficulty
around the world.
May they know that you are with
them and that they have sisters
and brothers who care for them.
Amen



Thursday 7 March

Pray

Reflect on one of the
Stations of the Cross
today.

Find our Stations of the
Cross resource [here](#)



Friday 8 March

Pray 

Give 

This Lent, schools in England and Wales have been raising money to help our global neighbours.

There is still time to organise a walk or another fundraiser!

[Find out more](#)



Monday 11 March

Think about...



GPS fish finders help the fisherman find the fish.

This Lent we have been thinking about communities in Liberia who have been learning ways to stay safe while fishing.

They work together when the weather turns stormy to make sure they return safe to shore.

Today let's think about looking after other people.
How can you care for others today?



Tuesday 12 March



The fishermen in Liberia have to sail further out to sea than they used to to find fish. This is caused by the changing climate.

We all need to care for the Earth and help our global neighbours who are affected by the climate crisis.

How can you care for the Earth, our common home, today?



Find out about Pope Francis' letter to everyone about caring for creation.



Wednesday 13 March

Think about...



Pray



Today is World Water Day.

How many different ways do you use water in a day?
How many can you think of as a class?

Today try to notice each time you use water.
When you do, thank God for his gift of water and pray
for people throughout the world who don't have
access to clean, safe water for their families.



Thursday 14 March

Pray



Creator God,
open our eyes to see your love
throughout creation.
Inspire us to treat creation and
each other as you would, with
respect.
Amen



Friday 15 March

Pray 

Reflect on one of the
Stations of the Cross
today.

Find our Stations of the
Cross resource [here](#)



Monday 18 March

Act



Easter is nearly here.

Start getting ready by
making Easter cards
for your family and
friends.

Find our Easter card templates [here](#)



Generous God,
you show us how to love and
share with everyone.

Be with us this week as we
learn and help each other.
Amen




Tuesday 19 March

Think about...

Pope Francis has written a letter to everyone, asking us to reach out to our sisters and brothers in need, whoever they are, wherever they may come from.

Spend some time thinking about what this means today.



The poster features a central illustration of a diverse group of people, including a man in a blue shirt, a woman in a red shirt, a man in a blue cap, a woman in a blue shirt, a man in a purple shirt, and a woman in a red shirt. A play button icon is overlaid on the illustration. The text 'Fratelli Tutti' is prominently displayed in a large, bold, sans-serif font. Above it, 'Fratelli Tutti animation | CAFOD' is written. Below it, 'ON FRATERNAL LOVE AND SOCIAL FRIENDSHIP' is written in a smaller font. The CAFOD logo is in the top right corner. On the right side, 'Fratelli Tutti' is written vertically. At the bottom, 'CAFOD Catholic Agency for Overseas Development' is written, along with 'Watch on YouTube' and the slogan 'no one beyond reach'.

Fratelli Tutti animation | CAFOD

Fratelli Tutti

ON FRATERNAL LOVE AND SOCIAL FRIENDSHIP

CAFOD Catholic Agency for Overseas Development

Copy link

no one beyond reach

CAFOD Catholic Agency for Overseas Development

Watch on YouTube

Wednesday 20 March

Give 

There is still time to hold your
fundraiser this Lent.

[Find out more](#)



THE **BIG**
LENT
WALK



Thursday 21 March

Pray

Today we pray for all those who care
for the sick.

Healing God,
we pray for those who are sick
and those who care for them.
Be close to them with your strength,
comfort and peace.
Amen.



Friday 22 March

Think about...



Sunday is the Feast of St Oscar Romero. He said:

*“Aspire not to have more
but to be more”*

Spend some time today thinking
about what this might mean and
how we can live it out.

Explore our St Oscar Romero resources



Monday 25 March

Think about...



We are in Holy Week.

Yesterday was Palm Sunday and we remembered the story of Jesus entering into Jerusalem on a donkey, greeted by joyful crowds waving palms.

How can we make Jesus welcome as we get ready to celebrate Easter?

How can we be welcoming to others?



Tuesday 26 March

Pray

God of love,
we pray for peace in our world, and an
end to war.

Instead of hatred, let there be love.
Shelter your children and protect us.
Guide us and keep us from harm,
so we can build a world of love and live
our lives in peace.

Amen.



Wednesday 27 March

Act

This time of Lent invites us to be generous.

Think about what you can share:

- Your time (perhaps visiting someone who may be lonely)
- Your talents (sports, painting, singing, baking, storytelling....)
- Your toys (you could share with family and friends and perhaps there are some toys you'd like to donate to charity)



Thursday 28 March

Think about... 

Holy Thursday



Today Jesus washed his disciples feet at the Last Supper.

Think about how you can serve others.

Find our Holy Week
liturgical prayer [here](#)



Friday 29 March

Pray

Today Jesus died on the Cross.

We pray together, the *Light in the darkest times* prayer, remembering especially all those who are affected by the climate crisis today.

Good Friday



Light in the darkest times prayer | CAFOD

Watch later Share

Light in the darkest times

CAFOD Catholic Agency for
Overseas Development

Watch on  YouTube

**no one
beyond reach**



Easter Sunday 31 March

Alleluia!
He is risen!

