



Lent calendar 2020

S	M	T	W	T	F	S
<p>Pray, fast and give alms (make donations) with CAFOD this Lent to help others. The Lent resources mentioned in this calendar are at: cafod.org.uk/primary</p>			<p>26 FEBRUARY Ash Wednesday Download and use our Lent liturgy, thinking about our global neighbours.</p>	<p>27 Watch our video and see how people in the Amazon are defending their land. cafod.org.uk/primary</p>	<p>28 Say a prayer for our global neighbours. Find our prayers at cafod.org.uk/kidzzone</p>	<p>29 Tell others about how people are defending the Amazon rainforest.</p>
<p>1 MARCH 1st Sunday of Lent Thank God for the gift of creation.</p>	<p>2 Find out about Davi in Brazil in our Lent resources at cafod.org.uk/primary</p>	<p>3 Make biscuits or cakes with Fairtrade ingredients. Sell them to raise money. Find out more with our Fairtrade resources.</p>	<p>4 Pray for our global family. Lord, may my support bring hope to people who are in difficulty around the world. Amen</p>	<p>5 Planning a fundraising event? Use our template press release to spread the word! cafod.org.uk/primary</p>	<p>6 FAMILY FAST DAY Hold a football fundraiser today to help people in the Amazon. Find our more and use our Lent assembly.</p>	<p>7 Find out about refugees from CAFOD's website and pray for them.</p>
<p>8 2nd Sunday of Lent Tell someone at home how communities in the Amazon are defending their rights.</p>	<p>9 Find out about Wanem in Brazil in our Lent resources at cafod.org.uk/primary</p>	<p>10 Say a prayer for the Earth. Find prayers at cafod.org.uk/kidzzone</p>	<p>11 Lunchtime activity—see how many plates you can cover with coins for CAFOD.</p>	<p>12 'I have come so that they may have life, and life to the full.' John 10:10 Think about what these words mean and how we can live by them</p>	<p>13 Short of ideas? Check out our A-Z of football fundraising. cafod.org.uk/primary</p>	<p>14 Follow @CAFOD on Twitter and post a photo of your football fundraising activities</p>
<p>15 3rd Sunday of Lent Jesus helped the woman at the well. How many people can you help today?</p>	<p>16 Find out more about Fr Edwin in Colombia in our Lent resources at cafod.org.uk/primary</p>	<p>17 Reflect on one of the stations of the cross today. Find CAFOD's stations of the cross on our website.</p>	<p>18 Give up some carbon emissions to care for our common home – walk somewhere instead of getting a lift.</p>	<p>19 St Joseph's Day Pray for workers who are not paid a fair wage and help at home without being asked.</p>	<p>20 International Day of Happiness See how many people you can smile at today!</p>	<p>21 Pray for our global family. Lord, may my support bring hope to people who are in difficulty around the world. Amen</p>
<p>22 4th Sunday of Lent Mother's Day Do something nice for your mum or another special lady.</p>	<p>23 Find out about Yesica in Peru in our Lent resources at cafod.org.uk/primary</p>	<p>24 St Oscar Romero's Day Reflect on Romero's words: Aspire not to have more but to be more.</p>	<p>25 The Annunciation Pray a Hail Mary for mothers everywhere.</p>	<p>26 Make up your own Grace before meals and use it.</p>	<p>27 Catholics in England and Wales are asked to give up meat on Fridays - have a fishy Friday today</p>	<p>28 If your local shop doesn't stock Fairtrade Easter eggs, ask why not. If it does, buy one!</p>
<p>29 5th Sunday of Lent Make a simple packed lunch for tomorrow – no treats. Add the money you save to your Lent collection.</p>	<p>30 Compliment someone today and make them feel good!</p>	<p>31 Reflect on one of the stations of the cross today.</p>	<p>1 APRIL How is your football fundraising going? If you've already reached your goal, aim for even higher!!</p>	<p>2 Decide with your class on a date to bring in all your football fundraising money.</p>	<p>3 Only a few days until Easter. Pray for fullness of life for all.</p>	<p>4 Pray for those who risk their lives to speak out for their rights.</p>
<p>5 Palm Sunday List ten things God has given you. Thank God for them.</p>	<p>6 Say sorry and pray for anyone you have hurt.</p>	<p>7 Write thank you cards to people who have helped you this Lent.</p>	<p>8 Give up comparing yourself with others. God loves you as you are.</p>	<p>9 Maundy Thursday Jesus washed his friends' feet. How can you serve others today?</p>	<p>10 Good Friday Say a prayer for all who are hungry.</p>	<p>11 Holy Saturday Have a quiet and reflective day. You could read a book instead of watching TV.</p>
<p>12 Easter Sunday Happy Easter! Alleluia!</p>						

cafod.org.uk/primary

