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Pray, fast and give with CAFOD this Lent to help others. Lent resources mentioned in this calendar are at: cafod.org.uk/secondary			2 MARCH Ash Wednesday Watch our video of four-year-old Lombeh in Sierra Leone.	3 Start to plan your Walk Against Hunger: cafod.org.uk/secondary	4 It's still Fairtrade Fortnight. Can you buy a Fairtrade product today?	5 Invite family or friends to join the Walk Against Hunger challenge: walk.cafod.org.uk
6 1st Sunday of Lent Take some time off posting updates and spend it with God instead.	7 Pray a Grace before your meals today.	8 International Women's Day Say thank you to one of the women who has helped you in your life.	9 Consider how your school could achieve a <i>Livesimply</i> Award. Find out more on CAFOD's website.	10 Think of a way to treat someone with kindness today	11 LENT FAST DAY Either hold your Walk Against Hunger today or promote it. The Lent assembly on our website may help.	12 Find out more about refugees from CAFOD's website and pray for them.
13 2nd Sunday of Lent Tell someone at home how Lombeh's community in Sierra Leone is tackling malnutrition.	14 Compliment someone on one of their gifts. Work out how you can use one of your own gifts to help others.	15 Put someone else's needs before your own at least once today.	16 Think of three ways you can love and serve someone else today.	17 Find out about volunteering to build community in your school or local area.	18 Find out how to contact and talk to your MP about issues that matter.	19 Follow CAFOD on social media and see how other people are walking against hunger this Lent.
20 3rd Sunday of Lent Find something at home that your family could swap for Fairtrade in future, like tea or coffee.	21 Think of one way that you can seek God today.	22 World Water Day Be careful with your use of water today and pray for those who do not have access to water.	23 Share with someone else one fact you have learned about global hunger.	24 St Oscar Romero's Day Romero was a friend of CAFOD. Watch and share our video of his life.	25 The Annunciation Nothing is impossible to God. Watch our reflection: <i>I can do all things in you</i> , and dare to believe it.	26 Spot signs of new life outside or care for your house-plants and pray we will all take better care of creation.
27 4th Sunday of Lent Mother's Day Do something nice for your mum or another special woman.	28 To show that you appreciate your home, tidy or clean a bit of it.	29 Watch the video on CAFOD's website of how you can Walk Against Hunger.	30 Check the totaliser on our website to see how far UK schools have walked this Lent.	31 What is weighing you down? Sit quietly and entrust it to God.	1 APRIL Look out for anyone who is sad today and say an encouraging word to them.	2 Tell someone a joke today and make them smile!
3 5th Sunday of Lent Make a simple lunch for tomorrow – no treats. Add the cost of the treats to your Lent collection.	4 Take only what you need and waste no food today.	5 Try to spot the face of God at least three times today.	6 Find out if your school or parish has a Lent reconciliation service.	7 Read a Gospel story today and get to know Jesus better.	8 Whose work do you admire? Say a word of encouragement to them today.	9 Pray for those who risk their lives to speak out for their human rights.
10 Palm Sunday Say sorry and pray for anyone you have hurt.	11 Tell us what your school has done this Lent. Tag @CAFOD	12 Put a reminder on your phone to join CAFOD's campaign in May.	13 Arrange to send in your Lent fundraising to CAFOD.	14 Maundy Thursday Go to a Maundy Thursday service or attend on online.	15 Good Friday Pray at 3pm, the hour Jesus died, for all who hunger.	16 Holy Saturday Have a quiet and reflective day; give up some TV or computer time.
17 Easter Sunday Happy Easter! Alleluia!						

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Help stamp out hunger one step at a time.