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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/primary			17 FEBRUARY Ash Wednesday Download and use our Lent liturgy, thinking about our global neighbours.	18 Share our video of Abdul in Ethiopia.	19 Say a prayer for our global neighbours. Find our prayers at cafod.org.uk/kidzzzone	20 Tell others about the importance of water.
21 1st Sunday of Lent Thank God for the gift of creation.	22 Fairtrade Fortnight Make cakes with Fairtrade ingredients. Sell them to raise money. Find out more about fair trade with our resources.	23 Find out more about Abdul's community in our Lent resources at cafod.org.uk/primary/lent	24 Pray for our global family. Lord, may my support bring hope to people in difficulty around the world. Amen	25 Our national assembly premieres today! Join us and schools across England and Wales at 9.30am or watch later.	26 LENT FAST DAY Today is a great day to hold your Lent fundraiser. Schools across England and Wales are helping Abdul's community.	27 Find out about refugees from CAFOD's website and pray for them.
28 2nd Sunday of Lent Tell someone at home how communities in Afar, Ethiopia have to walk for water.	1 MARCH Compliment someone else on one of their gifts. Work out how you can use one of your own gifts to help others.	2 Say a prayer for the Earth. Find prayers at cafod.org.uk/kidzzzone	3 Lunchtime activity—see how many plates you can cover with coins for CAFOD.	4 '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.	5 Give up a treat today and pray for those who are hungry.	6 Follow CAFOD schools on twitter and post a photo of your fundraising activities.
7 3rd Sunday of Lent Say a prayer for peace. Find prayers at cafod.org.uk/kidzzzone	8 International women's Day Give a small gift to your mum or another of the women in your life	9 Reflect on one of the Stations of the cross today. cafod.org.uk/primary	10 Give up some carbon emissions to care for the Earth, our common home – walk somewhere instead of getting a lift.	11 Say a prayer for our other this Lent. Find our prayers at cafod.org.uk/Education/Primary-teaching-resources/Children-s-prayers	12 See how many people you can smile at today!	13 Pray for our global family. Lord, may my support bring hope to people who are in difficulty around the world. Amen
14 4th Sunday of Lent Mother's Day Do something nice for your mum or another special woman.	15 Share our Lent film on social media tagging @CAFOD or ask your school web editor to link to it.	16 If your local shop doesn't stock Fairtrade Easter eggs, ask why not. If it does, buy one!	17 Pray for fullness of life for all.	18 Make up your own Grace before meals and use it.	19 St Joseph's Day Pray for workers who are not paid a fair wage and help at home without being asked.	20 International Day of Happiness Tell someone a joke today and make them smile!
21 5th Sunday of Lent Make a simple packed lunch for tomorrow – no treats. Add the money you save to your Lent collection.	22 World Water Day Compliment someone today and make them feel good!	23 Contact local press about your Lenten activities. (There's a press release template on our website that you could use.)	24 St Oscar Romero's Day Reflect on Romero's words: Aspire not to have more but to be more.	25 The Annunciation Pray a Hail Mary for mothers everywhere.	26 Catholics in England and Wales are asked to give up meat on Fridays - have a fishy Friday today	27 Pray for those who risk their lives to speak out for their rights.
28 Palm Sunday Say sorry and pray for anyone you have hurt.	29 List ten things God has given you. Thank God for them.	30 Write thank you cards to people who have helped you this Lent.	31 Give up comparing yourself with others. God loves you as you are.	1 APRIL Maundy Thursday Jesus washed his friends' feet. How can you serve others today?	2 Good Friday Give up some food today and pray for all who hunger.	3 Holy Saturday Have a quiet and reflective day, no phone or laptop.
4 Easter Sunday Happy Easter! Alleluia!						



...SO THAT OTHERS DON'T HAVE TO.

