

Lent Calendar 2021



WALK FOR WATER

February



March



April

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 who don't have enough to drink.

Click here for a Lent liturgy
(perfect for Ash Wednesday)



Act



This Lent, we are thinking about our global neighbours who don't have access to safe, clean water.

Meet Abdul in Ethiopia and find out about his cousin Abdella's daily walk for water.

Watch our film to find out more



Pray

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



Pray

Abdul lives in Ethiopia, in a region called Afar. It is one of the hottest places on Earth, and is getting even hotter because of climate change.

It is hard to find safe, clean water. Abdul's cousin Abdella makes a five hour journey, twice a day, to collect water.

We remember those who do not have enough water today.



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





It's Fairtrade fortnight.

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



Wednesday 24 February

Pray 

Give 

This Lent, schools in England and Wales are walking for water to help people like Abdul and Abdella to have access to clean water.

Find out more at cafod.org.uk/primary



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



Pray

Find out more about Abdul and the importance of water, and how you can make a difference – watch our national assembly ‘Water of Life’.



[Watch the assembly](#)



Friday 26 February



Today is **Family Fast Day!**

However you raise money today will support our global neighbours like Abdul and Abdella in Ethiopia.

Find out how to Walk for Water



Pray

Abdul is 8 years old. He is a cheerful boy and likes to play football and volleyball with his brother, Mohammed.



My favourite
drink is water.
Water is life.



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



Pray

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



Pray 

Give 

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 at cafod.org.uk/primary

WALK FOR WATER

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



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 them?



Pray

Light a candle and say a prayer so all children around the world may have the basic things in life, like enough food or clean water.

Loving God,

Help us to work together to share what we have so that everyone has what they need. Help us to build a better world where each of us can become the best person we can be.

Amen



Pray

This Lent we have been learning about Abdul and his family in Ethiopia.

He likes to help his mum at home and wants to be a teacher when he grows up.

My favourite food to eat
is honey. I love it!
When I eat it I feel
strong.



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 9 March

Pray 

Reflect on one of the
Stations of the Cross today.



Pray 

Give 

However you raise money this Lent, you can help our global neighbours like Abdul, Abdella and their family.



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 at cafod.org.uk/primary



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.



Friday 12 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.



Pray

We have been learning about Abdul and his family this Lent and raising money to help people like him. But how does your money help?

This is Abdellah. He lives with his family in another part of Afar. He used to have to walk 3 hours to fetch water.

Through CAFOD's local experts, Abdellah's community now has a solar powered water pump that gives enough water to drink and grow vegetables to eat.



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 16 March

Pray 

Reflect on one of the
Stations of the Cross today.



Pray

Light a candle and say a prayer so all children around the world may have the basic things in life, like enough food or clean water.

Loving God,

Help us to work together to share what we have so that everyone has what they need.
Help us to build a better world where each of us can become the best person we can be.

Amen



Thursday 18 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 at cafod.org.uk/primary



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



Friday 19 March

Pray



Dear God,

You understand the pain of loss,

May we hold in our hearts all those whose
families or friends have died.

You help us in times of fear,

May we help each other even as we keep apart.

You move our hearts to share,

May we share what we have with those in need.

God of life,

We thank you for the signs of your light in the
middle of darkness;

May we be signs of your compassion in the heart
of your world.

Amen



Act



Easter is nearly here.

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



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.



Tuesday 23 March

Pray 

Reflect on one of the
Stations of the Cross today.



Wednesday 24 March

Give 

There is still time to hold your fundraiser this Lent.

Find out more at cafod.org.uk/primary



WALK FOR WATER



Pray



Find our annunciation
resources [here](#)

Today we celebrate a special day called the Annunciation.

It's the day when we celebrate the angel Gabriel visiting Mary to tell her the good news that she would be the mother of Jesus.

Let us pray

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

Holy Mary Mother of God, pray for us sinners, now and at the hour of our death.
Amen



Pray

This Lent we have heard stories from people in Ethiopia.

Pray for all our global neighbours.

Dear God,

Speak to our hearts and help us to see that we are one big family.

Old or young, short or tall, wherever we live, you made us all.

Help us to share, however hard it seems, to make our world fair,

And live out our dreams.

Amen.



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



Tuesday 30 March

Pray 

Reflect on one of the
Stations of the Cross today.



Pray

Light a candle and say a prayer so all children around the world may have the basic things in life, like enough food or clean water.

Loving God,

Help us to work together to share what we have so that everyone has what they need. Help us to build a better world where each of us can become the best person we can be.

Amen



Think about... 

Today Jesus washed his disciples feet
at the Last Supper.

Think about how you can serve others.

Holy Thursday



Friday 2 April

Pray 

Good Friday

Say a prayer today for people around the world who live in poverty.

Remember those families that do not have basic things like food, housing and clothing.

