

# CARITAS AT LENT

'Faith without works is dead' James 2:14



In Caritas, we are called to give our life not by dying, but in simple, concrete acts of selflessness and generosity inspired by this radical act of love. Every day we are called to let go of our concerns for ourselves and give ourselves with tenderness, compassion, and care to our brothers and sisters who are suffering and are marginalized.

(Msgr. Pierre Cibambo, Caritas Internationalis Ecclesiastical Advisor)

During Lent this year, Caritas challenges YOU to keep it simple and do little acts each week that will make a positive difference in the lives of those around you. We are also reminded by the Bishop's Conference, to observe the abstinence of meat on Friday to mark the weekly day of penance. Those who do not eat meat, should give up a different food that they usually eat. We have created suggestions for each week of Lent. How many of these actions can you complete?

## Week 1



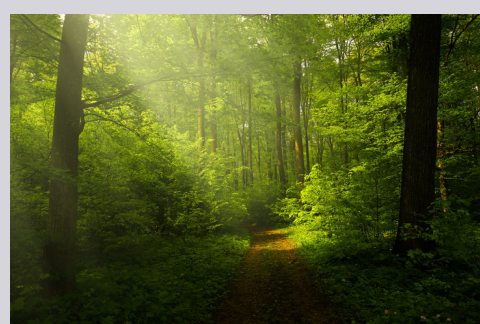
Pray for people who may be alone or isolated.  
Observe Meat-free Friday  
Join the CAFOD Big Lent Walk  
[https://walk.cafod.org.uk/?utm\\_source=display&utm\\_medium=insert&utm\\_campaign=Catholic%20Network](https://walk.cafod.org.uk/?utm_source=display&utm_medium=insert&utm_campaign=Catholic%20Network)

## Week 2



Give up a small luxury during Lent and use the money you save to help others.  
Pray for those around the world, particularly refugees, who are making a fresh start.  
Observe Meat-free Friday

## Week 3



Think of ways to care for creation to make our world a better place (e.g., cut out single use plastic).  
Write down a list of all the things you are thankful for in your life.  
Observe Meat-free Friday

## Week 4



Write a card to someone special to tell them what they mean to you.  
Donate an item of food to a local food bank to help families in your community.  
Observe Meat-free Friday

## Week 5



Donate things to a charity shop if you no longer need them.  
Notice someone doing a good deed and thank them.  
Observe Meat-free Friday

## Week 6



Say something nice to each person in your office or family  
Observe Meat-free Friday